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Transit expert fears subway may still be decades away

TRANSLINK

Funding gets OK'd, but some projects could be delayed

Matt Kieltyka
Metro | Vancouver

The head of the University of British Columbia's urban design program thinks it may be a while before any of his students are riding a subway to school.

After TransLink's board and the region's mayors approved $2 billion in transit improvements on Wednesday, Patrick Condon wonders if the other outstanding projects in the mayors' 10-year plan will be given the same urgency.

While Minister Responsible for TransLink Peter Fassbender told Metro the province is ready with its share of capital funds for the Broadway subway in Vancouver, light rail in Surrey and the Pattullo Bridge replacement, Condon says government seems to be looking 20 to 30 years into the future in interviews he's heard.

"I think you could say that the signals are there that the funding of the very largest pieces of this 10-year plan is certainly not secured and may not be even likely in the short term, said Condon, of UBC's School of Architecture and Landscape Architecture.

"Twenty years to get out to Arbutus Street with a subway is not going to help the corridor very much and it's not going to help the students of UBC. I suspect we're not going to be seeing good news about funding in the spring [when governments announce their budgets]."

The 99 B-Line runs down Broadway in Vancouver. The head of UBC's urban design program thinks it'll be quite the wait for a subway down Broadway. JENNIFER GAUTHIER/METRO FILE

Vancouver Mayor Gregor Robertson stressed the region needs to move quickly to secure funding for Phase Two of its plan.

TransLink staff hope to have an investment plan for the next phase ready by 2018.

Condon had good things to say about the plan passed this week, especially the five new B-Line bus routes that will service Fraser Highway, Lougheed Highway, Marine Drive on the North Shore, 41st Avenue and Hastings Street.

"Those are really important to increase the mobility along these important, and what are largely considered to be suburban, corridors," he said.

The 99 B-Line along Broadway in Vancouver may be overcrowded and insufficient now, but Condon said it had a great impact on public transit use and development along that stretch of the city.

"It's been killed by its own success but it's really changed the way people get around in this part of the city and to get out to UBC, for sure," he said. "I expect to see some of those same benefits to these other parts of the city: more higher-density residential units and less people depending on cars along those important corridors."

The plan, which will be rolled out over five years starting in early 2017, will see a 10 per cent increase in bus service, 20 per cent more SkyTrain service, a new SeaBus, more West Coast Express trains and a 15 per cent increase in HandyDART service.

To pay for it, municipalities will raise their property taxes by an average of $3 per household, raise fares in July by up to 10 cents on a single zone and implement a new development fee, which requires approval from the province.

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TRAFFICKING

China joins fentanyl fight

Mounties have reached an agreement with China to try and halt the trans-Pacific flow of fentanyl into Canada.

RCMP Commissioner Bob Paulson and Chen Zhimin, the vice-minister of China's public security ministry, have agreed to boost efforts to disrupt the flow of the drug and other opioids, the force announced Thursday, following meetings this week.

Fentanyl and other opioids pose a grave threat to community safety in Canada, said Paulson, who described the meetings as "an important step forward" in a co-ordinated approach to the problem of fentanyl.

Discussions to formalize joint investigations will begin next week, the RCMP added.

Last week, B.C. Premier Christy Clark, whose province is on the front line of Canada's fentanyl problem, urged Ottawa to take action to crack down on imports of the drug from China ahead of an opioid summit in Ottawa.

Fentanyl, a highly potent and addictive opioid, is estimated to be up to 100 times stronger than morphine. Another opioid known as carfentanil, commonly used as an animal tranquilizer, is 100 times more powerful than fentanyl.

B.C. Public Safety Minister Mike Morris said he is pleased with the RCMP's plans to work with the Chinese ministry, noting enforcement will be stronger across provincial and international borders through partnership.

He conceded Thursday it will take time to have an impact on trafficking.

"I don't know how soon we can see some tangible results from this, but I think this is a great step and to have the Chinese ministry of public safety commit to working with the RCMP on this, it's great news," he said.

Federal Public Safety Minister Ralph Goodale noted last week that the world needs to take the fentanyl problem seriously and Canada needs international help in stanching the flow of the drug from overseas. THE CANADIAN PRESS

> **To have the Chinese ministry of public safety commit to working with the RCMP on this, it's great news.**
> Mike Morris

Report racist incidents to police, says mayor

WHITE SUPREMACY

Chief echoes the advice, but says not all acts hate crimes

Jen St. Denis
Metro | Vancouver

Following a report of a racially-charged incident outside of a London Drugs store, Vancouver's mayor is urging all residents to report any harassment or threatening behaviour to police.

"If people feel threatened or harassed or that they're unsafe, they need to call 911 to make sure that the Vancouver Police Department is on the case," Gregor Robertson said following a police board meeting on Thursday.

"We're going to be vigilant about this at city hall and (at) VPD."

Julio Montero told Global News he was coming out of a London Drugs store on Sunday night when a man approached him, gave a Nazi salute, and said, "Donald Trump Power! Now the power's on our side."

> We're going to be vigilant about this at city hall and (at) VPD.
> Mayor Gregon Robertson

Montero has reported the incident to police.

Vancouver police have not noticed an uptick in racist incidents following Trump's Nov. 8 presidential win, said Chief Adam Palmer. But he echoed the mayor's call to residents to report threatening incidents.

"We do have things that come up from time to time in the city and we do have specialized investigators that do look at hate crimes," Palmer said, clarifying that while there is a public perception that someone can be charged with a hate crime, that is not the case.

"It is an aggravated factor in sentencing," Palmer said. "If someone is assaulted and a racial epithet is thrown at someone during that assault, that would be factored into their sentencing.

"But actually calling someone an inappropriate name is not a criminal offence."

Richmond RCMP continue to investigate the distribution of racist posters this week. The posters warned ,"the Chinese are taking over" and encouraged people to join the "alt-right." Similar posters have cropped up in Toronto.

Alt-right is a term that has come to be associated with the white nationalist movement in the United States, a group that has been energized by Trump's election win and his campaign promises to deport illegal immigrants and ban Muslims from entering the United States.

- WITH FILES FROM DAVID P. BALL

HOMELESSNESS RESIDENTS FIGHT FOR TENT CITY Their time was up, but residents of a Downtown Eastside tent city vowed to keep fighting for a place to live Thursday. Last week, the City of Vancouver won a court injunction that gave campers until Thursday evening to vacate the site they had occupied for nearly five months. The remaining residents and supporters packed up their tents and walked down East Hastings and Main Street to Thornton Park across from Pacific Central Station. In this photo, tent city resident Ilona Schild, 51, addresses the crowd at the original tent city site at 58 W. Hastings.
JENNIFER GAUTHIER/METRO

ENVIRONMENT

University to reduce carbon footprint of investments

Wanyee Li
Metro | Vancouver

Simon Fraser University's Board of Governors announced Thursday it will reduce the carbon footprint of its investments by at least 30 per cent by 2030, making it the second Canadian university to commit to such a reduction.

The University of Ottawa made the same commitment in April 2016.

The medium sized universities are relatively small players in the investment world but SFU President Andrew Petter hopes other investors will follow suit and pressure companies to reduce their environmental impact on the world.

"Our hope is if other universities join and other investors, collectively we can have an impact on encouraging companies to reduce their footprint."

Petter told Metro this nuanced approach is a better fit than what some faculty and student groups are pushing for — a complete divestment from fossil fuels.

"If you divest, of course, you cease to have any impact on the company. We've chosen a route that is more about active investment, using our investment capacity to encourage ... companies to change their behaviour."

UBC's Board of Governors rejected a proposal to divest from fossil fuels in February.

SFU does not directly invest in any fossil fuel companies but does hold shares in pooled funds that include fossil fuel companies, Petter confirmed.

The university is also keen to invest in sustainable companies in particular.

"We have already committed to take a portion for our existing investments and put it into a sustainable fund. So we will be increasing our own sustainable investments from 12 to 20 million dollars," said Petter.

It makes economic sense to invest in environmentally responsible companies, he explained.

"At a time where we have national objectives to reduce our carbon footprint, there is real reputational risk in investing in companies that are not making commitments to reduce their carbon footprint."

The university does not currently measure the carbon footprint of its investments but will start as soon as possible to create a baseline for this new investment policy, according to Petter.

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If party wins, Horgan to ban grizzly trophy hunting

WILDLIFE

But they would continue to allow hunting for meat

Wanyee Li
Metro | Vancouver

A grizzly bear is seen fishing along a river in Tweedsmuir Provincial Park near Bella Coola in 2010. JONATHAN HAYWARD/THE CANADIAN PRESS

British Columbia's New Democrats confirmed Thursday it would ban grizzly bear trophy hunting if the party wins the election in May.

"We're coming up into an election here people," B.C. NDP Party Leader John Horgan told reporters.

"I want people to know New Democrats stand united against grizzly bear trophy hunting."

Licensed hunters in B.C. are currently about to pay an extra $80 for the right to kill one grizzly bear for trophy or food hunting purposes per year, if they win a the permit lottery. In 2014, 3,067 tags were issued and 267 grizzly bears were taken by hunters, according to the B.C. government.

But the NDP is not against hunting in general, Horgan confirmed. His government would consider allowing the hunt to continue for those who want to eat grizzly bear meat.

"Our opinion is if you want to hunt a bear for food, we may be able to make accommodation for that. But when you take that food out of the forest, you're not taking the head, you're not taking the claw, you're not taking the pelt."

It's a step in the right direction against the "barbaric" practice of trophy hunting, said Grand Chief Stewart Phillip.

> **We will not rest until all hunting of grizzly bears ceases.**
> Joe Foy

"Its absolutely barbaric. I would like to think that in 2016 we are at a place where we can look at eco tourism and those kind of opportunities with respect to grizzly bear populations."

But at least one hunting advocate says killing bears, even grizzlies, is a great way to put food on the table.

"From my personal perspective, it's great table fare. If the direction is to require people to take out the meat, we support that," said Jesse Zeman, spokesperson for the B.C. Wildlife Federation.

"Grizzly bear meat is good and it's edible."

But some wildlife advocates want all grizzly bear hunting to end. The animal is listed as a vulnerable species in B.C.

"I want to see not a single grizzly bear killed in the province of British Columbia. I see this policy as getting us there," said Joe Foy, national director of Wilderness Committee.

"We will not rest until all hunting of grizzly bears ceases."

An average of 340 grizzlies are killed every year — 297 by hunters and 31 by animal control officers, according to Environment Canada. B.C. is home to about 14,000 grizzlies, according to the federal government.

In September, auditor general Carol Bellringer said government management of the province's grizzly-bear population was among the things she would be focusing on over the next three years.

Bellringer said the audit of grizzly populations will go beyond the contentious debate involving campaigns to end trophy hunting in B.C., and include how effective the management of the grizzly population is within the ministries that have the responsibilities for the animals.

COURT

Sect member needed permission for school

A woman who broke free from a plural marriage told a trial Thursday that she had to repeatedly seek permission to go to nursing school, a pursuit she believed necessary to fulfil instructions from God relayed by the prophet of a polygamous sect.

Jane Blackmore testified for the second day at the trial of three members from the polygamous community of Bountiful, B.C., who are accused of transporting girls under the age of 16 into the United States for a sexual purpose.

Special prosecutor Peter Wilson said in his opening statements earlier this week in the B.C. Supreme Court that much of his case against James Oler, Brandon Blackmore and Gail Blackmore will centre around proving the women in Bountiful were required to be obedient to their husbands and fathers.

Blackmore reviewed her life in the polygamous community under cross-examination from Brandon Blackmore's lawyer, John Gustafson, including her marriage to Winston Blackmore, who had 26 other wives, and the start of her nursing career.

Gustafson asked her about comments she made to the court about being "insistent" on getting an education past high school.

"You weren't prevented from doing that?" Gustafson asked. She replied that she wasn't.

Jane Blackmore testified that when she was 13 years old, the sect's prophet told her it was God's will that she care for the ill as the end of the world approached.

And while she was anxious to go to nursing school to carry out that role, there was reluctance from the leadership, she said.

The trial resumes Monday.

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Feast to honour tribal council

OIL SPILL

Boat salvaged after 33 days, but Heiltsuk face aftermath

David P. Ball
Metro | Vancouver

The tug boat Nathan E. Stewart, which sunk near Bella Bella, B.C. on Oct. 13, was finally lifted from Heiltsuk First Nation waters 33 days later. CONTRIBUTED/HEILTSUK TRIBAL COUNCIL

Think the Canadian Coast Guard officers just keep our seas safe and stand by for marine rescues?

Think again. Amongst the federal agency's already numerous roles, you can now add "traditional feast host."

That's because the Coast Guard is hosting an event in Bella Bella, B.C. with the local tribal council to offer its thanks to the Heiltsuk First Nation's month-long response to a tug boat that sunk on Oct. 13 and leaked at least 100,000 litres of diesel fuel into the band's clam harvesting beds for 33 days before finally being removed.

"We've watched everything we love and rely on jeopardized," said Jess Housty, who served as the First Nation's representative at the joint operations centre in the wake of the incident, in an interview by text message.

"I spent 41 consecutive days surrounded by all this chaos representing Heiltsuk at (Coast Guard's) Unified Command," she said. "For everyone else from those outside agencies, it's part of their job description. For me, it was love for the territory and people that pushed me through.

"In a lot of ways I feel like my spirit is broken. It's going to take a long time for us to heal from the trauma and the uncertainty this event brought into our community."

The Coast Guard is donating food and sending a delegation to the "community feast," planned for next Wednesday in Bella Bella.

"The feast will acknowledge all those community members who were first responders to the diesel oil spill site at Gale Pass" following the sinking of the Nathan E. Stewart tug boat," the email stated.

"It's a custom in our culture to respond to traumatic incidents with healing ceremonies," Housty explained. "I think the Coast Guard recognizes the value in these customs and I'm grateful that they're supporting the process.

"I think they want to demonstrate to the community that they value the local knowledge and human resources that heavily supported spill response, and to take an active role in uplifting the community."

But just because the Nathan E. Stewart vessel was lifted from the depths and removed from Heiltsuk waters on Nov. 15, the community is now stuck with the aftermath — a number of animals, including a whale, that have been found dead nearby, and uncertainty over uncollected diesel's impact on their clam beds and fisheries.

"We've got a lot of work ahead," Housty said, such as assessing the spill's long-term impact on people and the environment, plus ongoing water sampling.

The Coast Guard could not be reached for comment.

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City targeting street dumping

ENVIRONMENT

City proposes new fee to help clean up illegal public garbage

Jen St. Denis
Metro | Vancouver

A recycling system change implemented in 2014 has eliminated one fee for Vancouver residents — but the city is now proposing a new one to cover the cost of cleaning up the garbage being left in alleys.

"What we've seen over the past few years is a drastic increase in the amount of abandoned waste in the back lanes of residential areas," said Albert Shamess, director of waste services for the City of Vancouver. Calls about illegally dumped mattresses, furniture and other items went up 47 per cent between 2013 and 2015.

"There's an expectation that the city will go out and pick up this material."

In its 2017 budget, the city is proposing to introduce a yearly $19 street cleaning fee, $1 more than the previous recycling fee of $18. The street cleaning fee applies to any residents who would have previously paid the recycling fee.

Calls about illegally dumped mattresses, furniture and other items went up 47 per cent between 2013 and 2015.
ERIC DREGER/THE CANADIAN PRESS

Recycling in B.C. is now run by Multi-Material BC, an organization that represents Canadian companies who are now required to pay for the recycling of the packaging on the products they sell.

The city's 27 employees who previously picked up recycling will be transferred to the street cleaning effort, so the city can provide a quicker response when people complain that garbage is piling up in back lanes, parks or school grounds.

The city currently spends $1.2 million a year on cleaning up the detritus, but the new fee will add an additional $900,000 to that budget, Shamess said. The city is also planning to ramp up enforcement of its existing anti-dumping bylaws.

Shamess believes part of the reason for the increase is a change in demographics, with a greater number of city residents who do not own a car and can't easily take unwanted items to municipal transfer stations.

> **Once it gets into the back lane it has a tendency to attract more material.**
> Albert Shamess

In 2017, the city plans to start a pilot project where residents can call to ask for a pick-up of large items and pay a "nominal" fee for the service.

"We would come and pick it up and take it away before it gets into the back lane," Shamess said. "Because once it gets into the back lane it has a tendency to attract more material."

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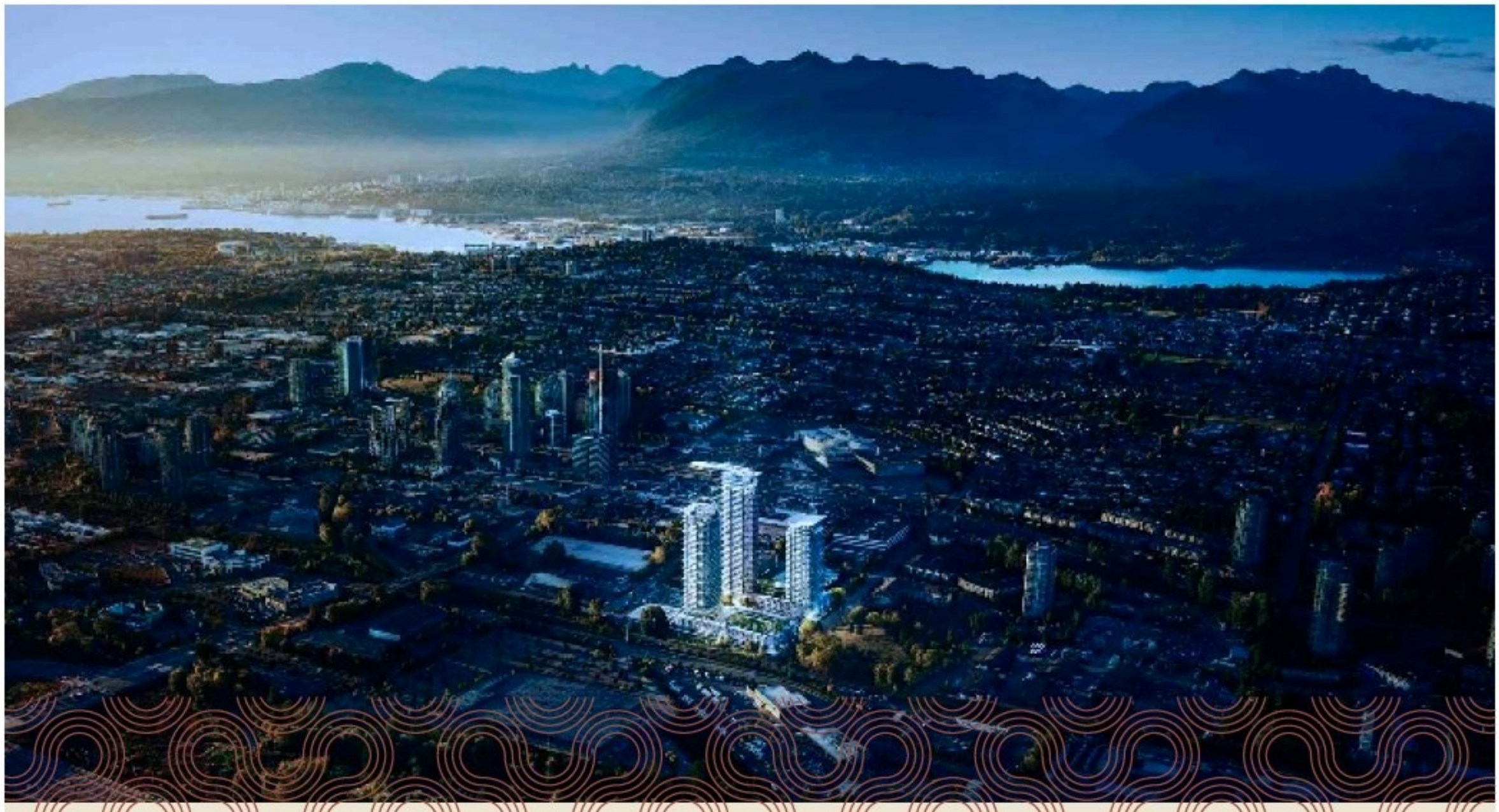

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Thind PROPERTIES

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Galloway accuser speaks out

UBC

Complaint was not about a 'consensual affair'

The former University of British Columbia student who accused Steven Galloway of sexual assault says her complaint against the acclaimed author was not about a "consensual affair."

The woman, identified only as MC or main complainant, has released a statement through her lawyer, speaking publicly for the first time since Galloway was suspended over what the university described as "serious allegations" last November.

"MC has stayed silent since Galloway was suspended, out of respect for the process and the confidentiality of everyone involved. The so-called 'secrecy' of the investigation process has protected Galloway, perhaps more than anyone else," the statement said.

Galloway was fired from his position as creative writing chairman in June. Last week, 88 prominent authors including Margaret Atwood and Joseph Boyden signed an open letter decrying the university's secrecy around the case and calling for an inquiry into how it was handled.

On Wednesday, Galloway issued a statement for the first time since he was suspended, confirming he was accused of sexual assault but saying the only allegation that was substantiated by former judge Mary Ellen Boyd's investigation was that he had a two-year affair with a student. The school faculty association has said all but one of the allegations, including the most serious, was not substantiated by Boyd's investigation.

Galloway said he profoundly regrets his conduct and wishes to apologize for the harm it has caused, adding that this matter continues to have "tragic impacts" on all involved.

However, the woman said Thursday her report to the university was not about an affair. The allegations that were investigated included that Galloway sexually assaulted and sexually harassed her, she said in the statement.

"Mr. Galloway has issued an apology. But he wouldn't appear to be apologizing for the finding he has admitted was made against him by Ms. Boyd, which was misconduct for 'inappropriate sexual behaviour with a student': conduct which is an abuse of trust and his position of power," it said.

"Mr. Galloway has not made clear to whom he is apologizing or what he regrets, other than presumably the consequences to him. His reference to the 'tragedy' of the events does not explicitly consider the devastating impacts of abuse of power on women affected."

Galloway declined comment through his lawyer.

The woman said Galloway, through his "high-profile contacts," is calling for an inquiry into the university's handling of the case. She said that is unnecessary and a labour arbitration scheduled for March will consider both the process and his termination. She also said Galloway was under a confidentiality obligation not to disclose her name or the contents of the investigation report, but instead he has shown it to friends and the media. THE CANADIAN PRESS

Former UBC professor Steven Galloway TORSTAR NEWS SERVICE

IN BRIEF

New cirriculum delayed

The Education Ministry is delaying the full implementation of British Columbia's new curriculum for public school students in Grades 10 to 12. Education Minister Mike Bernier says a one year extension is being permitted, following requests from teachers, principals and trustees. He says many teachers began using the draft curriculum for the senior grades this past fall, and have offered feedback about the program. Redesigned lesson plans were due to begin next fall but have now been held up until the 2018-19 school year.

The new curriculum now in use for students in Kindergarten to Grade 9 stresses reading, writing and arithmetic while expanding skills linked to collaboration, critical thinking and communication.

THE CANADIAN PRESS

TRANSPORTATION

Winds force passengers to spend night on ferry

A ferry trip from Vancouver Island to Tsawwassen turned into an overnight marathon when high winds swept across Georgia Strait.

Deborah Marshall of BC Ferries says 21 passengers and the crew of the Queen of New Westminster had to spend the night aboard the vessel as blustery conditions prevented it from docking at Tsawwassen.

Winds were already picking up as the ferry set out from the Duke Point terminal, south of Nanaimo, just before midnight, about an hour behind schedule, for the two-hour trip to the mainland.

Environment Canada reported gusts topping 100 kilometres per hour around some of the southern Gulf Islands and Marshall says docking at the exposed Tsawwassen terminal can be difficult under those conditions.

She says when the weather did not improve as predicted, the captain decided to stand off the terminal until the winds calmed.

The ferry docked just before 7 a.m., concluding the seven-hour journey.

THE CANADIAN PRESS

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INFORMATION

Time to 're-define' public library role

David P. Ball
Metro | Vancouver

Libraries aren't just dusty collections of books. According to a Simon Fraser University geographer, public libraries in fact reveal a lot about a society.

On Thursday evening, Lisa Freeman offered a lecture about her research into how libraries are changing. The lecture, at SFU Harbour Centre, is entitled "Re-defining the Public in Public Libraries."

"As technology changes, people might ask, 'Why do we need public libraries if we can find everything on Google?'" she said in a phone interview. "But libraries are actually changing to meet the different needs people have now.

"Librarians are still facilitating people finding knowledge and information. But they're providing much more support services than before, and it's a different type of information too."

> **Libraries are changing to meet the different needs people have now.**
> Lecturer Lisa Freeman

Freeman argued that libraries are playing a new societal role "amidst escalated housing prices" and "times of austerity" cuts to social services, particularly for immigrants, homeless people, and other marginalized communities.

"Libraries are changing because our cities are changing," she explained, "and because services and spaces that once were there for public use are shifting too. "If you're homeless, you might get harassed out of parks, but the library can be a safe place to be."

Many also offer educational, children's, newcomer settlement and language programs serving the community — in an era when governments are increasingly cutting funding for such social services.

Freeman's postdoctoral work on public libraries funded by the federal Social Sciences and Humanities Research Council. She's also a criminology instructor at Kwantlen Polytechnic University.

Simon Barry, the creator of Continnum, hopes his pilot script for a new show that will peak the interest of broadcasters and investors.
CONTRIBUTED

Making popular TV in the age of Netflix

ENTERTAINMENT

Gulliver's Curse team in B.C. aiming to write engaging script

Jen St. Denis
Metro | Vancouver

If it gets produced, The Gulliver Curse could employ 500 people, 100 of them in Vancouver in post-production and visual effects work.

But first, Vancouver television production company Omnifilm and writer Simon Barry must craft a pilot script that will hook broadcasters and investors. And those players won't buy into the show unless they're convinced that the action and adventure fantasy story based on Gulliver's Travels, written by Jonathan Swift in 1726, will appeal to an international audience.

"Now that people can watch whenever they want and on whatever platform, the content we have to develop and produce has to pop," said Brian Hamilton, principal and executive producer of Omnifilm. "It has to immediately grab one's curiosity because there are so many choices."

Vancouver's film sector is booming, and the region is playing host to dozens of American productions that have been conceived of and written in Los Angeles. But Hamilton and Barry say their project is an example of the kind of internationally-focused production that could bring more sustainability to Vancouver's local industry.

"The goal is to make opportunities for more writers here so they don't have to leave and go to Toronto or L.A.," Barry said.

"Being able to have an industry that is self-sufficient in Vancouver would be a wonderful thing for a lot of people."

> **Being able to have an industry that is self-sufficient in Vancouver would be a wonderful thing.**
> Writer Simon Barry

The Gulliver Curse got its start as a pilot script and series overview written by Steven de Souza, a television and film writer whose credits include the 1988 movie Die Hard. Omnifilm bought the idea and brought Barry on board to rewrite the script.

Omnifilm has partnered with an Irish film and TV production company, Subotica, which would film the series in Ireland. The post-production work would get done in Vancouver.

The script development work is being partly funded with money from Creative BC a provincial entity that supports the film, animation, music and publishing sectors. The project is the first international co-production funded by the agency, and based on the success of the show, Creative BC says it may set up a fund devoted solely to such partnerships.

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VANCOUVERING

with icons by **Danielle Vallée** from the noun project

Catch shopping bug at a modern flea

VANCOUVER TRENDING

Amy Logan
For Metro | Vancouver

Clad in vintage concert T's and perfectly worn baseball hats, an all-ages crowd of East Van dwellers sifts through old records, perfectly worn leather jackets and handmade jewelry. Coffee or craft beer in hand, they peruse the wares and chat with the vendors.

Flea markets have changed.

At halls and warehouses across Vancouver, a modern alternative is taking shape. A new brand of flea market offers music, food, drinks, and a palpable sense of community.

At the Wise Hall Flea, on the last Sunday of every month, organizers Jason Zumpano and Clay Holmes run a "no-frills, homey, completely unpretentious" flea market, said Zumpano. With " a good mix of vendors," the Wise Hall Flea offers an ever-rotating selection of vintage clothing, records, pottery, jewelry, and housewares. "It's a non-traditional way of finding gifts, a kind of treasure hunt." Live music, from original piano compositions to old-time banjo, completes the relaxed vibe. Bringing the community together, inspiring local shopping, and fostering the circular economy is key.

Places like Brooklyn have been reinventing the idea of the flea market for a younger crowd, with an appealingly eclectic mix of food trucks, DJ's, curated knick-knacks, covet-worthy vintage clothing, and vinyl. And Vancouver is catching on.

The Eastside Flea has grown so popular it now boasts a permanent, bricks-and-mortar location at the heritage Ellis Building, operating every other weekend from Friday to Sunday. With over 50 vendors, they also offer artisan showrooms, craft beer, food trucks, and even pinball. H and-embroidered patches, carefully curated vintage clothing, well preserved memorabilia, an assortment of antlers, and handmade fashion-forward jewelry are just some of the items on offer. They also hold workshops and community events in the space as the East Van Arts and Culture Society. Several holiday markets are coming up.

The Gypsy Market has hosted a number of night markets, with drinks, art and DJs at places like Fortune Sound Club and The Astoria. In North Van, the Pipe Shop recently held Deja Vu Vintage Market with vintage clothing and furniture, antiques, live music, and a selfie station, and will play host to the upcoming Etsy Vancouver Market featuring over 80 independent makers.

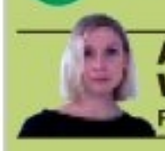
The Wise Hall Flea Market, held the last Sunday of every month, offers an ever-rotating selection of vintage clothing, records, pottery, jewelry and housewares. AMY LOGAN/FOR METRO

The Curious Flea in New Westminster has multiple vendors and a wide assortment of vintage and handmade items.

The next Wise Hall Flea this Sunday promises, among other things live banjo and fiddle, tarot card readings , vintage clothing, handcrafted dog treats, photography, and pottery. Vancouver's modern flea markets offer the possibility of a serendipitous find, a chance encounter, an experience outside of the ordinary.

FOOD NOTES

The power of the puff



Abby Wiseman
For Metro | Vancouver

Chams Sbouai became Instagram famous this summer as he pedalled his tricycle through the streets of Strathcona hawking his French cream puffs.

Now, people wanting one of Sbouai's delectable sweet treats don't have to chase him down on the street, because he is staying stationary at his new shop at 721 Gore Ave. called Sweet Boy Sweet Shop for the next six months.

Originally from Nice, France, Sbouai is a trained pastry chef with a laid-back demeanour. His shop is the kind of place where you hang out for a while and chat with him or the people coming in while he prepares your puffs before your eyes.

He features three different cream puffs — two that rotate weekly — and makes each puff to order. The puffs of this week were a black sesame custard with stewed pineapples, vanilla chantilly and coconut meringue. A maple syrup custard with apple caramel, vanilla chantilly and an oat crumble. He also makes a standard classic vanilla cream puff.

The maple cream puff was my favourite. The maple was not overpowering and the sweetness was paired down with the vanilla chantilly. The pastry was tender and flaky with little crunch that gave the puff substance.

Cham Sbouai, a.k.a. Sweet Boy Cream Puff.
ABBY WISEMAN/FOR METRO

The black sesame custard puff was experimental with sesame ground up very finely into the custard. Once again the flavour of the sesame was complemented by the vanilla chantilly and didn't overpower the puff.

If you're new to cream puffs, then definitely try the classic vanilla puff. The vanilla custard is light, not overly sweet and is a great frame of reference for Sbouai's more experimental concoctions.

Sweet Boy Cream Puffs is exactly what it says it is, a sweet little shop with sweet treats, ran by a sweet guy who just wants to make your day a little sweeter. It's such a great addition to the neighbourhood that I hope Sbouai decides to stick around for awhile. If not, I'm sure his Instagram following will find him.

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VANCOUVERING

with icons by **Danielle Vallée** from the noun project

New clinic offers culturally safe care

INDIGENOUS STORIES

Doctors integrate traditional healing, elders

Cara McKenna
For Metro

Dr. Alexandra King stands in front of totem poles carved by Nisga'a carver Mike Dangeli outside the recently opened Lu'ma Medical Centre on Nanaimo Street in East Vancouver. CARA MCKENNA/FOR METRO

On entering the recently opened Lu'ma Medical Centre in East Vancouver, it's clear that it's not your typical city clinic.

Instead of magazines in the waiting room and bland pictures on the walls, it features Indigenous artwork from across Canada and a station to make medicine bundles with traditional plants.

It's also the only clinic in Vancouver with a team of all-Indigenous doctors: Dr. Alexandra King from the Nipissing nation in Ontario, and Anishinaabe Dr. Michael Dumont.

Beyond addressing physical ailments, the doctors offer a holistic approach to healthcare that's based on the Medicine Wheel — a cultural symbol that, in part, represents the emotional, physical, mental and spiritual aspects of life.

King explained that the model is important in part because many Indigenous people have grown to mistrust colonial healthcare.

"There is discrimination or racism and what becomes really critical is things like cultural safety," said King, a specialist in internal medicine, HIV and Hepatitis C.

"As Indigenous doctors, we tend to want to take care of the whole person very holistically, and I think that's where things are different."

King explained that, depending on what the patient wants, that could mean integrating counseling, or any number of Indigenous healing methods from traditional plants to songs or prayers.

Deputy Chief Medical Officer Shannon McDonald with the First Nations Health Authority, a partner in the clinic, said it's about giving power back to Indigenous people.

"This is a way to move forward," she said.

"We're working with healthcare providers across the province to be a little bit more culturally humble. ... We want to make sure that people feel safe in pursuing medical care."

Lu'ma Medical Centre has quietly been seeing specialty patients since King began in April, and started accepting more when Dumont, a family doctor, came on board in August.

Although the staff of Lu'ma is small now, it's expanding, and King hopes to see at least two more family doctors hired on in the next year.

Eventually, the centre will look to add more positions such as an in-house counselor, elder and traditional healer.

But King said there have been difficulties since the centre was opened under the larger, long-running Lu'ma Native Housing Society.

"We're right now in the process of trying to get operating funds, and that's where there's a bit of a challenge," she said.

"This is really Indigenous self-determination. We as people said we want this, we want this here, and we've created it. Now we're having to sync in with government to align these visions and strategies."

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Would-be Tory leader wants to scrap the CBC

BROADCASTING

Leitch says the Ceeb doesn't need reform, it needs to go

Conservative leadership hopeful Kellie Leitch is proposing to scrap the CBC if she manages to reach the Prime Minister's Office.

Leitch, whose leadership campaign made headlines when she proposed screening new immigrants for what she described as "anti-Canadian values," now has the national broadcaster in her sights.

While leadership rival Maxime Bernier has proposed reworking the CBC's mandate, cutting its funding and barring it from selling private advertising, Leitch goes much further.

She says the broadcaster doesn't need reform — it needs to be put out of business altogether.

She says it's unfair that while private media companies are struggling to stay afloat, the CBC is able to rely on federal subsidies.

Leitch says she would keep the parts of the CBC that provide emergency services to remote and rural parts of Canada.

"I strongly disagree with the stance taken by fellow leadership candidate Maxime Bernier and his call for CBC reform," said Leitch, who represents the riding of Simcoe-Grey.

"The CBC doesn't need to be reformed, it needs to be dismantled."

She said the media in Canada lacks a level playing field.

"For Canadian democracy to thrive, we need to hear from the different voices in the press," she said in a statement.

"So long as the CBC continues to distort the market by consuming advertising revenues and having its operations underwritten by the taxpayer, the market is uncompetitive."

THE CANADIAN PRESS

Labour Minister Kellie Leitch says the CBC distorts the market "by consuming advertising revenues and having its underwritten by the taxpayer." ADRIAN WYLD/THE CANADIAN PRESS

POLITICS

Liberals table voting reform bill

Maryam Monsef speaks in the House of Commons in Ottawa last week. THE CANADIAN PRESS

The Liberal government is throwing open the doors to voting in federal elections, including expanding the franchise to more than a million Canadians living abroad.

Maryam Monsef, the minister for democratic institutions, has introduced legislation that will roll back a number of controversial changes to Canada's voting process.

That includes relaxing voter identification rules tightened by the previous Conservative government and restoring Elections Canada's mandate to educate and encourage voters.

She is also proposing to significantly expand voting into previously uncharted waters by permitting any expatriate Canadian citizen who's ever lived in Canada to cast a ballot.

"We're removing barriers that never needed to be there in the first place," Monsef said. THE CANADIAN PRESS

Netflix pushing back

Netflix makes "substantial" investments in film and TV productions in Canada and should not face regulation, the company argues in a submission to Canadian Heritage's public consultation on homegrown content in a digital world. Two years ago, Netflix suggested to the CRTC that its service did not fall under the Broadcasting Act as it is not a conventional broadcaster.

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Colombia peace deal signed

Colombian President Juan Manuel Santos signed a revised peace agreement with the country's largest rebel movement on Thursday, making a second attempt within months to end a half century of hostilities.

Santos and Rodrigo Londono, leader of the Revolutionary Armed Forces of Colombia, signed the 310-page accord at Bogota's historic Colon Theater — nearly two months after the original deal was surprisingly rejected in a referendum.

After signing with a pen crafted from the shell of an assault rifle bullet, they clasped hands to shouts of "Yes we could!"

Thursday's hastily organized ceremony was a far more modest and sombre event than the one in September, in the colonial city of Cartagena, where the two men signed an accord in front of an audience of foreign leaders and United Nations Secretary General Ban Ki-Moon, all of whom were dressed in white to symbolize peace.

Santos looked and sounded tired after a two-month political roller coaster that saw him rise from the humiliating defeat to win this year's Nobel Peace Prize. This time the deal will be sent directly to Congress without a public referendum.

"In 150 days — only 150 days — all of the FARC's weapons will be in the hands of the United Nations," he said.

FARC leader Londono used his address to call for a transitional government to ensure the accord is effectively implemented, a suggestion immediately denounced by the opposition as a veiled attempt to extend Santos' tenure past elections in 2018, when he'll be constitutionally banned from competing. The rebel leader also congratulated Donald Trump on his victory and called on the president-elect to continue strong U.S. support for Colombia on its path to peace. THE ASSOCIATED PRESS

Co-existence in a post-truth world

Many different people, from many different places, with many different ideas can peaceably coexist. What about people with different facts?

ROSEMARY WESTWOOD
From the U.S.

A local New Orleans real estate agent is not flying home to New Jersey for American Thanksgiving. And neither is an esthetics specialist driving back to see family in Mississippi. It's not just fodder for TV and talk radio hosts to suggest that the election ruined some holidays. Politics spoils a good meal even at the best of times.

And these are not those. This is Thanksgiving in Trump's America.

The esthetics specialist comes from a family of Trump supporters, and the real estate agent, who's not speaking to his father, has an aunt convinced Hillary Clinton used a body double during the campaign. Go ahead and Google it. It's there among the truly imaginative smorgasbord of fake news that became, during this election, its own character, a worrying theme, an external force and the winning boost for Oxford Dictionaries' recently announced 2016 word of the year: "post-truth." Definition: "relating to or denoting circumstances in which objective facts are less influential in shaping public opinion than appeals to emotion and personal belief." Synonym: Donald Trump.

Trump's childlike relationship to reality, his affinity for feelings over facts, are not going anywhere as president-elect. His cabinet picks prove as much. "Some are known and some are not known, but they're known within their field as being the best," Trump told New York Times editors and reporters the day before the Times' editorial board summed up his appointments with the headline "No experience, no problem."

A UN ambassador with zero foreign-policy experience. A potential housing-department lead known for his neurosurgery talent, and not much else. An education secretary with little faith in public education. In Trump's America, I suddenly feel qualified, at five-foot-six with a crooked spine, to walk the runway for Dolce and Gabbana.

Alas, I'm one of those pesky people stuck in the grimy mud of a fact-based world. I'm a journalist, that odd profession that forces you to reach for some kind of truth, at the most, and factual accuracy at the very, very least. I'm young, I know, but I've never been more worried for the profession. How can reporters, writers, editors do their job — to inform the public — if half the country isn't listening? We've known for a long time that journalists carried about as much respect as lawyers. But I would have never predicted that deep distrust in the U.S. government and hateful disregard for mainstream media outlets would combine to put into the White House a president who doesn't care much for the truth, with a fan base lacking an appetite for public scrutiny.

That is truly terrifying. Those of us working in the mainstream media, and anyone hoping to effect change through their work, will have to figure out how to talk beyond their own echo chamber, how to reach people who have no interest — or a decided disinterest — in what they have discovered.

Many different people, from many different places, can peaceably coexist. It's happened across the world, in different times and places.

But different people with different facts? We're about to find out.

TOKYO'S FIRST SNOW IN DECADES People cycle in snowfall in Tokyo. Residents in Tokyo woke up on Thursday to its first November snowfall in more than half a century, leaving commuters to grapple with train disruptions and slick streets. AFP/GETTY IMAGES

MORE PHOTOS ON THE METRO APP

FRANCE

Gunman bursts into monks' residence

The French gendarmerie says a masked gunman has burst into a retirement home for monks in southern France and killed an elderly woman with a knife.

The press service for the national military police couldn't immediately say whether the incident is linked to a terror act or not.

A press official said early Friday that more than 100 members of the security forces have been dispatched on the scene in the village of Montferrier-sur-Lez, near the southern town of Montpellier.

The body of the deceased woman was found gagged and tied up outside the building, the official said.

The security forces searched the four floors of the residence but did not find the assailant. Research was continuing in other parts. The official said 59 monks are out of danger.

THE ASSOCIATED PRESS

CHRISTMAS

Deck the halls with boughs of Donny

Guaranteed to make wallets a lighter and Christmas trees a little … er, redder, comes an ornament from the Trump-Pence collection.

The Trump Make America Great Again website — which says it is a joint fundraising committee authorized by and composed of Donald J. Trump for President, Inc. and the Republican National Committee — features a new bauble.

That famous red hat with the "Make America Great Again" slogan is now a "Red Cap Collectible Ornament," at a sizzling $149 (U.S.) excluding tax and shipping.

The description boasts: "Get in the Christmas spirit with your very own Make America Great Again Red Cap Collectible Ornament.

Made of brass and finished in 24-karat gold, this ornament is sure to make any tree stand out."

According to several news outlets, the campaign announced the trinket's sale in an email to supporters that said the president-elect "makes a point of proudly saying 'Merry Christmas' every chance he gets."

The description for this Trump ornament boasts: "Get in the Christmas spirit with your very own Make America Great Again Red Cap Collectible Ornament." CONTRIBUTED

While Canadian Trump fans may not be able to buy this knick-knack from the U.S. fundraising website, they can get a less shiny version from Amazon — 14-karat gold and $250 (U.S.).

According to one cheeky review on Amazon, from L.H., the ornament "keeps tweeting at 3 a.m., demanding apologies from the casts of various Broadway musicals."

L.H. gives the ornament one star out of five.

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People carrying belongings and a pet leave their house in the El Canal neighbourhood before Hurricane Otto hits Bluefields, Nicaragua on Thursday. AFP/GETTY IMAGES

Storm weakens as it hits Nicaragua

WEATHER

Heavy rains expected may cause flooding, landslides

Hurricane Otto weakened rapidly as it moved across southern Nicaragua on Thursday after making landfall on that country's Caribbean coast as a dangerous Category 2 storm. It was the southernmost hurricane on record to hit Central America.

The U.S. National Hurricane Center said Otto had weakened into a Category 1 storm and was expected to emerge off of Central America's Pacific coast by early Friday as a tropical storm.

Authorities in Nicaragua said the hurricane had damaged houses and toppled trees, but so far there were no reports of casualties. Earlier, heavy rains from the storm were blamed for three deaths in Panama.

Otto battered Nicaragua's Corn Islands with 3.5-metre waves and damaged houses, but residents were all safe in refuges, said the archipelago's mayor, Cleveland Rolando Webster.

"There is a lot of rain, the sea is rough and the wind is strong. We have been in danger all night, getting cold and wet," said Alicia Lampson, 21, as she arrived at a shelter with a group of people from the village of Monkey Point, south of Bluefields, Nicaragua.

The U.S. National Hurricane Center said the unusually strong late-season hurricane hit land just north of the Costa Rican border with winds of 110 mph (175 kph). Otto's winds later weakened to 75 mph (120 kph) as it moved inland near the border with Costa Rica. By Thursday evening, it was located about 65 miles (105 kilometres) east of San Juan del Sur, Nicaragua.

The Nicaraguan government declared a state of emergency, and said evacuations would continue because of the continued risk of flooding.

Nicaragua closed schools and was evacuating more than 10,000 people from communities in the storm's path. Heavy rains were expected to affect the entire country, raising the possibility of flooding and landslides.

Nicaragua also feared damage for impoverished farmers and to coffee crops that are almost ready for harvest. THE ASSOCIATED PRESS

IN BRIEF

Finland to phase out coal

In a move to cut greenhouse gas emissions, Finland announced plans to phase out coal by 2030, cut oil imports by half and substantially increase the number of electric cars on the roads — partly to meet targets set by the European Union. The government unveiled the plans in its "Energy and Climate Strategy for 2030 and Beyond," that aims to make the Nordic country's energy production carbon-neutral by 2050 and replace traditional power sources with biofuels and renewable energy.

THE ASSOCIATED PRESS

FRANCE

5 terror suspects in custody on exception

Citing the risk of imminent threat, French anti-terrorism authorities are keeping five men in custody without charge in an investigation into a suspected new plot to attack France.

The suspects were believed to have taken orders from Syria, and used a mobile phone and computers to search for locations that officials say might have been potential attack sites. Security was tightened at the headquarters of France's criminal investigations police, reportedly among the locations studied.

The five were arrested Sunday in Strasbourg and Marseille, and should have been charged or released early Thursday. Authorities used an exceptional recent anti-terrorism measure to extend their custody up to two more days, according to a judicial official, based on the threat of an imminent terrorist act and the need for further information from international partners.

The official spoke on condition of anonymity to be able to discuss ongoing investigations.

The Paris prosecutor's office and the Interior Ministry would not comment on a report by BFM television that the suspects were plotting a possible attack Dec. 1

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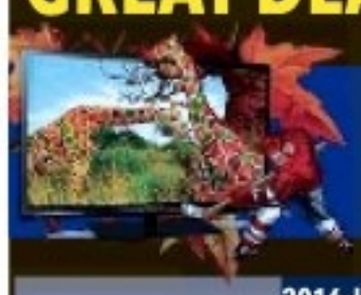

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Elephants getting a public defender

ARGENTINA

Lawyer to defend rights of three animals at zoo

Mara, an Asian elephant, was rescued from a local circus. THE ASSOCIATED PRESS

Attorney Andres Gil Dominguez may have had bigger cases, but he's never had bigger clients.

A city prosecutor's office has authorized Gil Dominguez to represent three elephants in captivity at a former zoo in Argentina's capital. He's demanding that Mara, Kuki and Pupi be transferred to a reserve abroad where they can have a better quality of life.

"The lockup of the elephants violates their rights and constitutes abuse punishable by law," Gil Dominguez said Thursday.

The case follows a notable 2014 ruling in Argentina that determined an orangutan named Sandra was entitled to some of the same rights as humans.

The 140-year-old zoo where Sandra and the elephants have lived for most of their lives closed its doors this year and authorities announced that hundreds of its animals would be set free as it transformed into a park. But officials there argue the three elephants would not survive if set free into the wild.

"These are animals that were born or have lived most of their life in captivity," said Rosario Espina, director of biodiversity at the Buenos Aires eco-park.

"What we can do is improve their well-being in their infrastructure and handling. But they can't be set free, because they'd die."

Many of the former zoo's enclosures are considered inhumane by modern-day standards. All three elephants live in a small treeless site in the Palermo neighbourhood of Buenos Aires near busy avenues and buildings.

Mara hails from Asia and was rescued from a local circus. Espina said experts have recommended against the transfer of the 52-year-old elephant because its advanced age could pose a health risk. Kuki and Pupi come from Africa and now are in their 30's and have more possibilities of being transferred to a sanctuary abroad.

THE ASSOCIATED PRESS

Local resident **Daniel McConnell** describes the scene of a car crash during a television interview Thursday, in Brisbane, Australia, in this photo taken from video. THE ASSOCIATED PRESS

AUSTRALIA

Man involved in brief chase

A bystander dressed only in underpants helped police arrest an unlicensed driver who allegedly crashed a car into an Australian takeout restaurant on Thursday then fled.

Daniel McConnell said he was lying in bed at home in the Brisbane suburb of Hendra at 2 a.m. when a car slammed into the front of a neighbouring fish-and-chips shop, which had closed for the night.

"I've come outside and I've seen all of this commotion over here and I was in me jocks," McConnell told Australian Broadcast Corp., referring to his briefs.

McConnell said he saw the driver run away and gave chase.

"All I had was me undies on and he started to take off up the street and I said: 'What are you doing, mate?' and I started following him. He's like: 'Don't be a hero,'" McConnell said.

McConnell said he returned home to grab his keys then gave chase again in his car, still nearly naked.

Police arrived and McConnell flashed his headlights to grab their attention.

Queensland state police acknowledged that McConnell had directed them to the street where the 35-year-old driver was arrested.

The driver will appear in court in January charged with unlicensed driving, a police statement said. More charges are possible.

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Prime Minister Justin Trudeau and the federal Liberals hope to finalize a pan-Canadian plan with all the provinces and territories at a meeting early next month in Ottawa. AFP/GETTY IMAGES

Top execs push PM on climate policy

ENVIRONMENT

Trudeau and premiers urged to show 'bold leadership'

Canadian corporate executives whose companies together employ more than a million people are urging Prime Minister Justin Trudeau and the premiers to press ahead with collective climate action, including putting a price on carbon emissions.

An open letter to the first ministers was released Thursday morning ahead of a planned meeting early next month in Ottawa, where the federal Liberals hope to finalize a pan-Canadian plan with all the provinces and territories.

"Canada has a history of taking far-sighted policy actions to capitalize on the opportunities created by global economic change," says the letter.

"The time is right for the same kind of bold leadership."

The 60-plus signatories include business leaders representing oil and gas, mining, forestry products, cement making, aluminium smelting, information technology, banking, grocery retail and building materials. Together, their businesses have revenues exceeding $300 billion annually.

60
The number of business executives who signed the open letter to the first ministers.

Through the Smart Prosperity Institute based out of the University of Ottawa, they've made common cause with clean energy associations, environmental advocacy groups, organized labour and environmental think tanks.

Their common message is that enlightened self-interest dictates Canada strive to be at the front of the pack as the global economy makes a historic shift.

That includes putting a price on CO2 — "the most cost-effective way to reduce emissions, stimulate innovation and drive energy efficiency," says the two-page letter.

Michael Crothers, the president of Shell Canada, said the open letter was conceived in September — before the election of U.S. president-elect Donald Trump shook the climate policy world — and is aimed less at the premiers than at fostering discussions with other industrial sectors across Canada. "I've had a few with peers in our (oil and gas) sector but also with other business leaders," he said.

THE CANADIAN PRESS

SURVEY

Half of homeowners not prepared for emergency

Nearly half of Canadian homeowners would be ill prepared for a personal financial dilemma such as job loss, a survey by Manulife Bank found. It said 24 per cent of those surveyed don't know how much is in their emergency fund, 14 per cent admit to not putting away any funds and nine per cent only have access to $1,000 or less. The remainder have up to $10,000 saved.

THE CANADIAN PRESS

BANK OF CANADA

Five women on short list for next bank note

Two activists, a poet, an engineer and an athlete are on the short list of five women whose image could appear on the next new series of Canadian bank notes due out in 2018.

The Bank of Canada released the list ahead of an announcement on Dec. 8 when the winner will be chosen.

The short list includes Viola Desmond, who fought racial discrimination in Nova Scotia, Pauline Johnson, a poet who was the daughter of a Mohawk chief and an English woman, and Elsie MacGill, the first woman in Canada to receive a bachelor's degree in electrical engineering and a master's degree in aeronautical engineering.

Also on the list is track and field athlete Bobbie Rosenfeld, who won a silver and gold medal at the 1928 Olympics and went on to become a sports columnist, and Idola Saint-Jean, a feminist and pioneer in the fight for suffrage in Quebec.

THE CANADIAN PRESS

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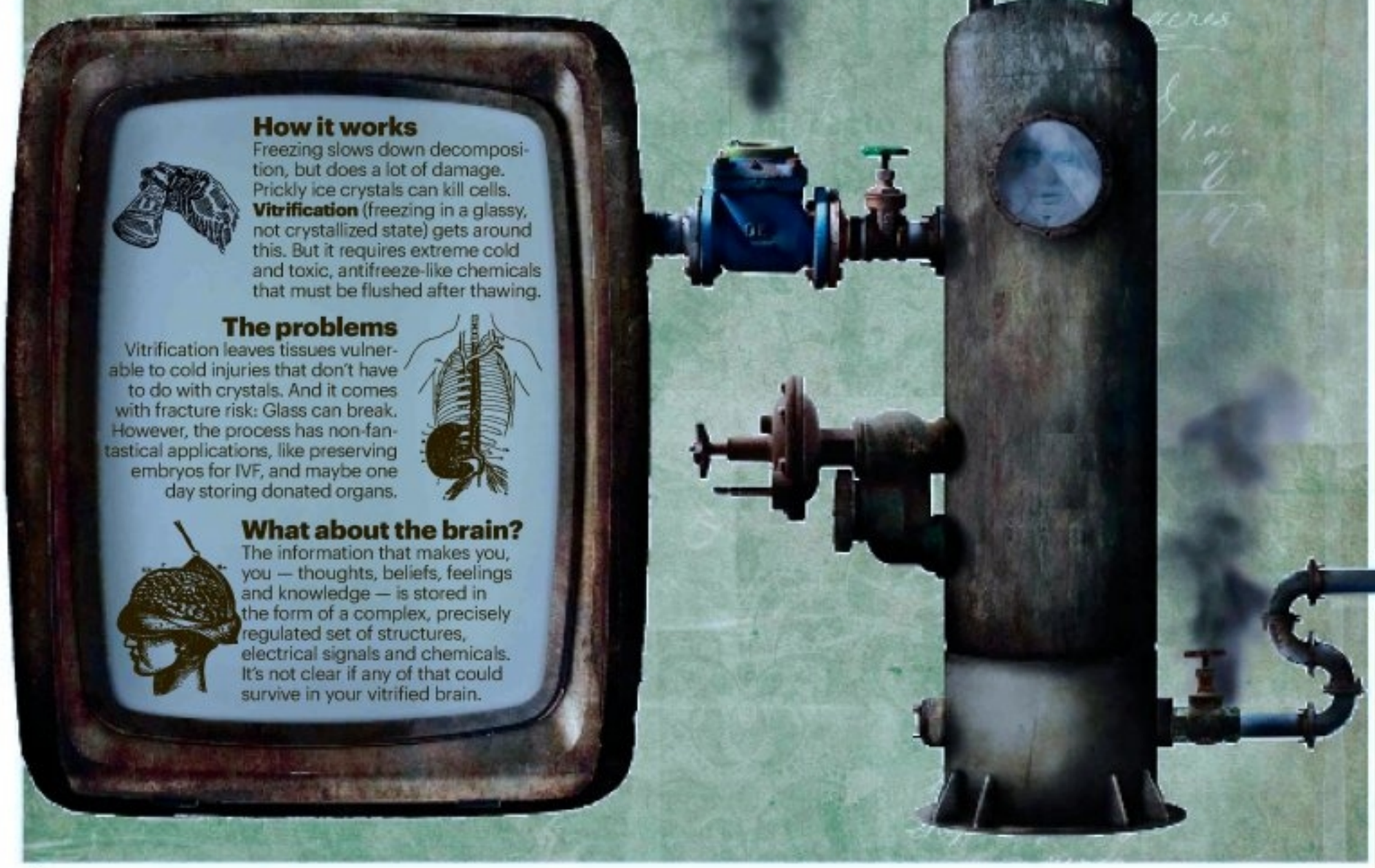
SCIENCE

Scientists have found genes responsible for "uncombable hair syndrome," a real disorder that causes tangled tresses

DECODED by Genna Buck and Andrés Plana

CAN YOU FREEZE YOURSELF IN TIME?

It's Dr. Frankenstein's dream: A few companies will, after you're dead, preserve your body or head in liquid nitrogen – for a fee. A 14-year-old U.K. girl with terminal cancer won a recent court battle to have her body cryopreserved with the faint hope of being revived once technology allows. Trying to extend life forever is far outside the norms of science and medicine. **But it's a cool thought experiment, right?**



How it works

Freezing slows down decomposition, but does a lot of damage. Prickly ice crystals can kill cells. **Vitrification** (freezing in a glassy, not crystallized state) gets around this. But it requires extreme cold and toxic, antifreeze-like chemicals that must be flushed after thawing.

The problems

Vitrification leaves tissues vulnerable to cold injuries that don't have to do with crystals. And it comes with fracture risk: Glass can break. However, the process has non-fantastical applications, like preserving embryos for IVF, and maybe one day storing donated organs.

What about the brain?

The information that makes you, you — thoughts, beliefs, feelings and knowledge — is stored in the form of a complex, precisely regulated set of structures, electrical signals and chemicals. It's not clear if any of that could survive in your vitrified brain.

FINDINGS
Your week in science

DEADLY WEATHER
From the department of weird and scary diseases: An outbreak of rare **thunderstorm asthma** in Melbourne this week killed four and sickened thousands more. In damp weather, pollen grains absorb water and burst. Out come hundreds of starch granules miniscule enough to get into your lower airways. Factor in high winds that spread pollen around, and you have a recipe for lung disease, especially for those who are already allergic to pollen.

SOUND SMART

DEFINITION
Glass is a state of matter. Normally when a liquid cools to a solid, the molecules organize themselves into crystals. But in some conditions it can become a **glass**: The molecules remain in a random, disordered state, much like they would in a liquid — except they don't move around much.

USE IT IN A SENTENCE
Carlos loves eating glass. No, he's not that stupid: Sugar in a **glassy state** is called hard candy.

CITIZEN SCIENTIST by Genna Buck

A call for your questions about science

I'm not answering a reader question this week.

Instead I'm going to tell you about last weekend. I went to the first podcast festival at the Hot Docs theatre in Toronto.

First of all, are you a podcasts fan? They're a great way to learn new things and keep up with the news, especially if you're not a big reader.

I'm telling you this because I went to a live taping of the wicked-good podcast Science Vs.

In it, the host, the incomparable Australian science writer Wendy Zuckerman, tackles a controversial subject like fracking, antidepressants or hypnosis. And, in the course of an hourlong episode, explores whether it holds up in a fight versus science.

In other words, she achieves something a lot like what I'm trying to do with this column — except in a totally gripping, funny way, and (producer Kaitlyn Sawrey says) it takes a luxurious eight weeks to produce.

Like all podcasts, it has an audience of subscribers at least casually interested in the topic. Meanwhile, you, having picked up this paper on your commute, have found yourself reading a full page of science whether you expected to or not.

This means I have an opportunity Wendy and Kaitlyn don't: I get to talk about science with people who may not be interested in it, or never really think about it in their daily lives.

It also means I get a chance to cover a lot of basics, and I answer a lot of questions about things (healing crystals, for example), that have no scientific basis. It's been suggested I re-name the column "You're wrong." But I don't want to be that way.

What I would love is to get even more science questions from you, especially if they have to do with things going on in the world. Send them to **Genna.buck@metronews.ca**. I'll do my best to research them and make the answers fun.

Science Question? Tweet @genna_buck

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metro WEEKEND
MOVIES MUSIC TELEVISION DIGITAL

Moana, voiced by newcomer Auli'i Cravalho, is an adventurous free spirit who is part of the new independent group of Disney princesses breaking the mould. SUPPLIED

The evolution of a princess

FILM

Moana follows the brave new breed of girl heroines

Richard Crouse
For Metro Canada

Once upon a time a movie princess was a damsel in distress, swathed in pink and jewels, waiting for Prince Charming to come to the rescue.

Lately, however, the movies have given us a different kind of princess, one who is more into grrrl-power than girly-girl. This weekend Disney helps redefine their traditional princess in their 56th animated feature film, Moana.

The 13th official Disney princess is inspired by Polynesian mythology. Sixteen-year-old Moana (voiced by newcomer Auli'i Cravalho) is a natural born navigator with a mystical connection to the ocean and all its creatures who goes on a sea quest to find a mysterious island. She's adventurous, but as Maui (voiced by Dwayne Johnson), reminds her, "You're the daughter of a chief and you're wearing a dress: you're a princess."

Moana isn't the first movie to shatter the stereotype of the pretty pink princess. "All these Disney heroines, the princesses, they're a product of their time," Maleficent screenwriter Linda Wolverton told the Associated Press. "The princesses of the 1940s and '50s, were the best of what a woman should be then: You're the good girl. You took abuse and through it all, you sang and were nice. But we're not like that anymore. We kick ass now."

MOVIE RATINGS by Richard Crouse

Moana ★★★★	HOW RATING WORKS
Allied ★★★★	★★★★ SEE IT
Rules Don't Apply ★★★	★★★ WORTHWHILE
Celtic Soul ★★★	★★ UP TO YOU
	★ SKIP IT

According to Roger Ebert, Ariel, the teenage mermaid princess of The Little Mermaid, "is a fully realized female character who thinks and acts independently, even rebelliously, instead of hanging around passively while the fates decide her destiny."

In other words, she still marries her prince charming, but for the first time a Disney princess gave a lesson in independence and had a hand (or fin) in deciding her fate. The success of that movie led to a new batch of princesses who were empowered and could look after themselves and others. Jasmine, the daughter of the wealthy Sultan of Agrabah and the princess at the heart of Aladdin, didn't fight off invaders but did do something that made her unique in the Disney princess world. Tired of life in the royal palace, instead of waiting for rescue, the independently minded aristocrat made her own way, even deciding to marry a commoner rather than a prince.

Mark Andrews, the co-director of Brave, the story of a Celtic princess who rebels against her mother and escapes from castle life, calls the movie's lead character "an anti-princess." The Princess and the Frog's Tiana, the first ever African-American princess lead in a Disney film, is also an ambitious character in a way that would have been unthinkable in Snow White's day.

More recently the phenomenally successful Frozen was the story of two royal sisters, the Princesses of Arendelle, Anna, a spirited adventurer, played by Kristen Bell and Idina Menzel's Elsa, a cryokinetic queen with the awesome power to manifest ice and snow. Like Carrie, but colder. Both are powerful, determined women, but the real twist here is in the definition of the true meaning of love. There's a male hero, but the real love here is between the two sisters.

When you thinks about movie princesses a few names come immediately to mind: Snow White, Cinderella, Aurora and Belle. This fab four have come to define what being a movie princess is all about. Or at least they used to.

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Hawaiian-born teen catches Moana wave

Actress Auli'i Cravalho was cast in the lead role of Moana having been the last person to audition on the final day of casting. Back home in Hawaii, Cravalho has become a bit of a rock star.
ANDREW FRANCIS WALLACE/TORSTAR;GETTY

INTERVIEW

Like her Disney self, newcomer Auli'i Cravalho sets few limits

Chris Alexander
For Metro Canada

With Moana, the house of the mouse has finally given us a heroine for the ages.

Disney's latest animated opus is a lush spectacle that follows the adventures of a Polynesian island princess who voyages across the ocean to restore a sacred stone to a mythical island and thus save her home and the entire Pacific ocean.

And while she's joined by a reluctant, preening and tattooed Demigod (Dwayne Johnson), Moana is the heart and soul of the film, a brave, strong and yet vulnerable young woman who refuses to be defined by any perceived limitations of her age or gender.

Auli'I Cravalho, the 16-year-old actress playing Moana, is an equally graceful and driven person. The Hawaiian-born newcomer was chosen out of hundreds of other performers to play the part and after we spoke with her during her recent Toronto press tour, it's easy to see what Disney saw in her.

"I have been given this really amazing blessing," says the intelligent, elegant young actress.

"It was like I was given the golden ticket. I was the last girl on the last day of casting to audition and I would never have dreamed this would have worked out, that I would be travelling around the world, meeting amazing people. Even now, I cannot fully wrap my head around any of this."

She's tenacious, she's rocking her beautiful tan, her hair blows in the wind and she's got her athletic body.
Auli'i Cravalho, on what she likes about Moana

Moana is rare in the Disney canon in that the character is not looking for love or on the hunt for a husband. She's a warrior and a moralist who believes so strongly in her people and her culture that she's willing to risk her life to fight for what's right. But that doesn't mean she sacrifices her femininity either.

"It's true, she's not your typical Disney princess," admits Cravalho. "She's tenacious, she's rocking her beautiful tan, her hair blows in the wind and she's got her athletic body. But she's inspiring and she's basically everything I hope to grow up to be."

Back home, Cravalho has become a bit of a rock star, with the locals celebrating her sudden, dramatic rise to success and young people seeing her as a role model.

But she's still totally grounded and the burst of fame has not affected her ego at all. In fact, it has inspired her to do great things with her life.

"My life is a little different now. Everyone just calls me Moana now. That's my new name. I won't legally change my name of course, but I turn involuntarily when people call me that in the streets.

"My teachers call me that. My friends call me that. But even though I'm excited about this and all the travel that comes with this journey — I got to see falling snow for the first time last week — I still plan to finish my education and even pursue my first love, microbiology, and find ways to use any celebrity I get to be a spokesperson for the importance of science.

"Really, I'm just a normal girl in a completely abnormal situation but I still want to ride the wave of Moana for a while. Pun intended!"

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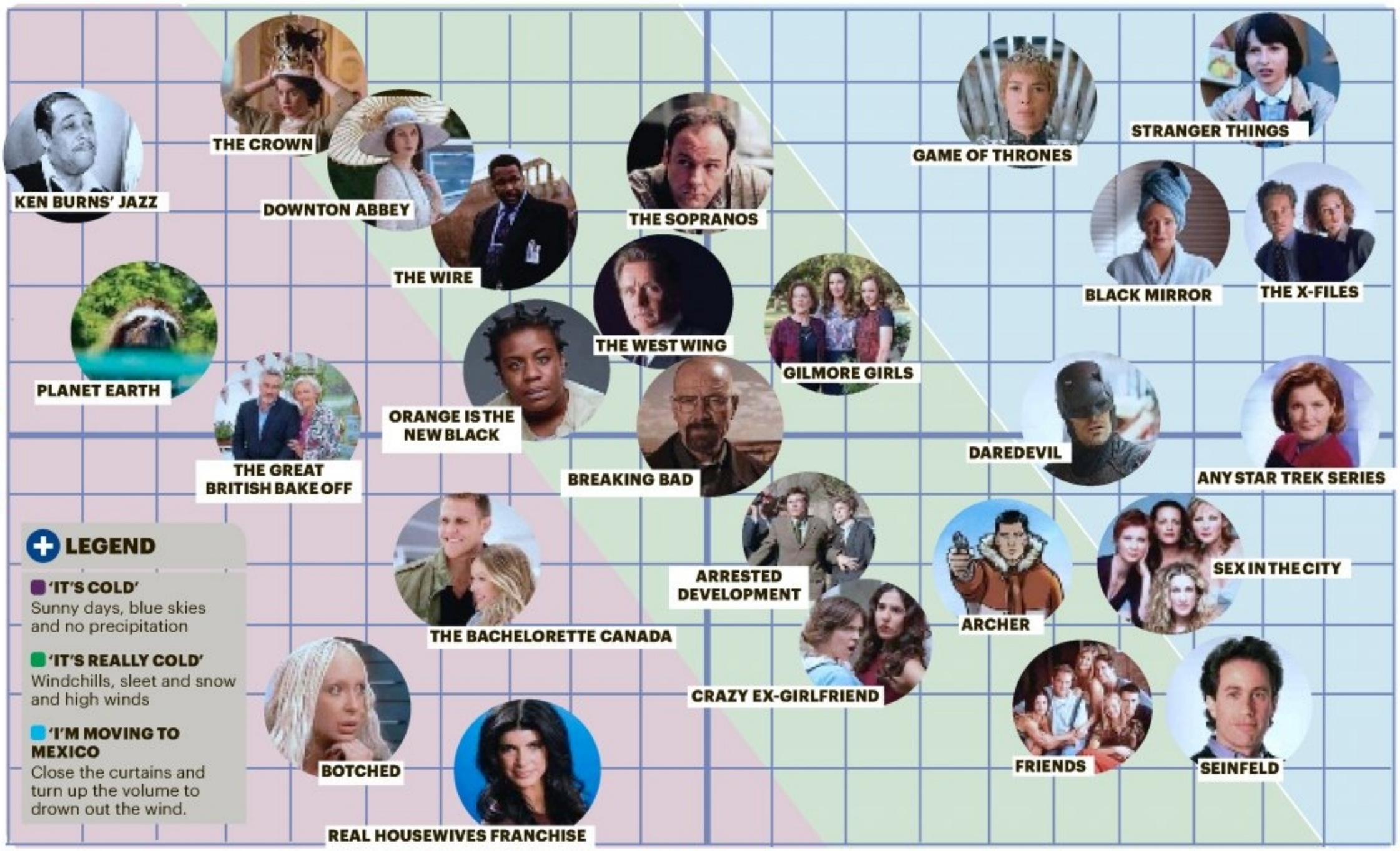
CHARTED LET THE BINGING BEGIN

While the U.S. is in the midst of celebrating its Thanksgiving weekend, Canadians are prepping for an equally important national event — the start of **binge-watching season**. The nights are longer, the weekends are colder, and there is nothing better than curling up on the sofa under a warm blanket. (Hey, Netflix got the memo, deciding to release four new episodes of the much-loved Gilmore Girls this weekend.) Not sure what shows to check out? **Metro canvassed its newsroom for suggestions for all discerning tastes — and weather conditions**. Here is our guide to help you survive the next six months. METRO CANADA



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An ode to Bogart and Bergman

FILM

Allied is a hark back to bygone Hollywood era of big romance

In a world of franchises, reboots and comic-book films, the original espionage thriller Allied is a comparatively bold gamble for a studio. Glamorous, serious, and classically made (with a healthy dose of CGI), Allied, from director Robert Zemeckis and screenwriter Steven Knight, looks to harken back to a bygone Hollywood of David Lean epics and sweeping romances between larger-than-life movie stars.

In Allied, the would-be Bogart and Bergman are Brad Pitt and Marion Cotillard, who slip into sumptuous period costumes and settings to tell the story of a pair of WWII-era spies, in Casablanca and then in England, who fall in love amid the turmoil of war.

Their happy existence is put into doubt, however, when Max's (Pitt) superiors inform him that they suspect Marianne (Cotillard), now his wife and the mother of his child, is a double agent.

"It's rare that we can still do movies like this one — very deep love stories with original subjects and surprising stories," Cotillard said. "It is this very entertaining movie with very strong and powerful feelings and real questions about love and war." Zemeckis was pleased that his leads looked natural and of the time in the clothes. "Sometimes you put period costumes on contemporary actors and they look like they are dressed up," Zemeckis said. "But they were able to carry those costumes in a way that looks absolutely right.

The costumes, by Zemeckis and Steven Spielberg favourite Joanna Johnston, proved essential for the characters too. Cotillard calls her wares "another layer of the skin." She was also delighted to be sporting garments similar to her childhood idols like Ingrid Bergman and Katharine Hepburn.

"I would watch actresses in glamorous movies and it was part of my dream to be an actress," she said. On set, Cotillard also became a de facto teacher for Pitt, who had to master a French-Canadian accent for his role.

"It was a lot of stress for him, a lot of stress," she said. "He was working every day. I helped him by being very honest. That's the only way you can be pushed to your best. I was very impressed by his dedication."

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Brad Pitt and Marion Cotillard slip into sumptuous period costumes to tell the story of two WWII-era spies, in Casablanca and then in England, who fall in love amid the turmoil of war. CONTRIBUTED

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Casey Affleck, above with Kyle Chandler, is at the core of Manchester By The Sea. CLAIRE FOLGER/ROADSIDE ATTRACTIONS/AP

Affleck had no time for chit-chat in moody role

INTERVIEW

Tour de force in Manchester by the Sea affirms actor's talents

Richard Crouse
For Metro Canada

As a man thrown into the depths of despair in Manchester by the Sea, Casey Affleck had to mine some deep emotional territory. He describes the process of playing a person who confronts his tragic past to working out at the gym.

"This is a bad analogy," he laughs. "You warm up into it before you do your heavy lifting."

Affleck is the core of the film. He's in virtually every frame and while understated, he bristles with feeling. It is a tremendous performance that never falls into morbidity as he skilfully keeps the character alive, both physically and metaphysically.

Every day is a struggle for him and he deals with his trauma the only way he knows how, with blistering honesty and by drinking and fighting to feel something. There is emotional truth in every mumbled line, and letting that go at the end of the day was difficult.

"That is the experience I think most actors would describe having," he says. "I don't think it's unique or particularly committed or brave of me. It's what you have to do.

"You have to go there, show up on set and be prepared to play the scene with the right feelings, the way it is supposed to be. I'm just not good enough to show up in a great mood, say good morning to everybody, check in with the kids and read the paper and then walk into the scene and be believably gutted in the way he is supposed to be.

"He carries around all this guilt, he's devastated and filled with self loathing so I have to start way back in preproduction and try to slip into these bad feelings and stay there for as long as I can.

"If you just showed up and tried to walk through it or do anything but give 100 percent, you'd really look like a jackass. I didn't want to do that no matter what.

"It was a hard movie to make but that is what I like about making movies. If you are just showing up and chit-chatting and having fun, that is not what is satisfying about making movies. It feels really good to be somebody else and live in some character's life, even if their life is tragic. Then you come out of it."

Manchester by the Sea isn't just an exercise in Sturm und Drang.

It deals with very real, very difficult human situations but does so with honesty and a great deal of unexpected humour and wisdom so not every day on set was filled with angst.

"Some of the what you think would be harder scenes to do, we just started and finished. Did them really quickly," Affleck says.

Others, like those with Michelle Williams who plays his separated wife in the film, he says took longer.

"I would say the longest scene was when I come home to find her in the bedroom. It was one of the lightest, most pleasant scenes to do. Take my clothes off and straddle Michelle (Williams). 'One more please! Can we try something different here?' That scene took a long time."

> **It was a hard movie to make but that is what I like about making movies.** Casey Affleck

STAR METRO
SPONSORED CONTENT — TELUS FUTURE HOME

THE HOME OF THE FUTURE VISITS VANCOUVER

Have you ever wanted to step into the future? To offer a glimpse into what will be possible when homes are connected at the speed of light, TELUS is bringing its interactive Future Home to Vancouver.

The condo-sized concept home showcases some of the most cutting-edge home technology on the market today and provides a sneak peek at the smart-home innovations of tomorrow. Imagine coming home to a facial-recognition security system that eliminates the need for keys, or living with the convenience of an intelligent kitchen that plans your meals and even provides step-by-step cooking instructions on your smart stove.

From connected sensors and cameras to remotely monitor family members and pets, to a virtual reality station and a home gym that transforms exercise into an engaging and interactive experience, the Future Home offers an immersive technology experience that demonstrates how technology will soon make our lives safer, healthier and more efficient than ever before.

Visitors will also be able to experience the future of home entertainment as a 4K Optik TV® experience is brought to life on an awe-inspiring 78" Samsung Curved UHD TV.

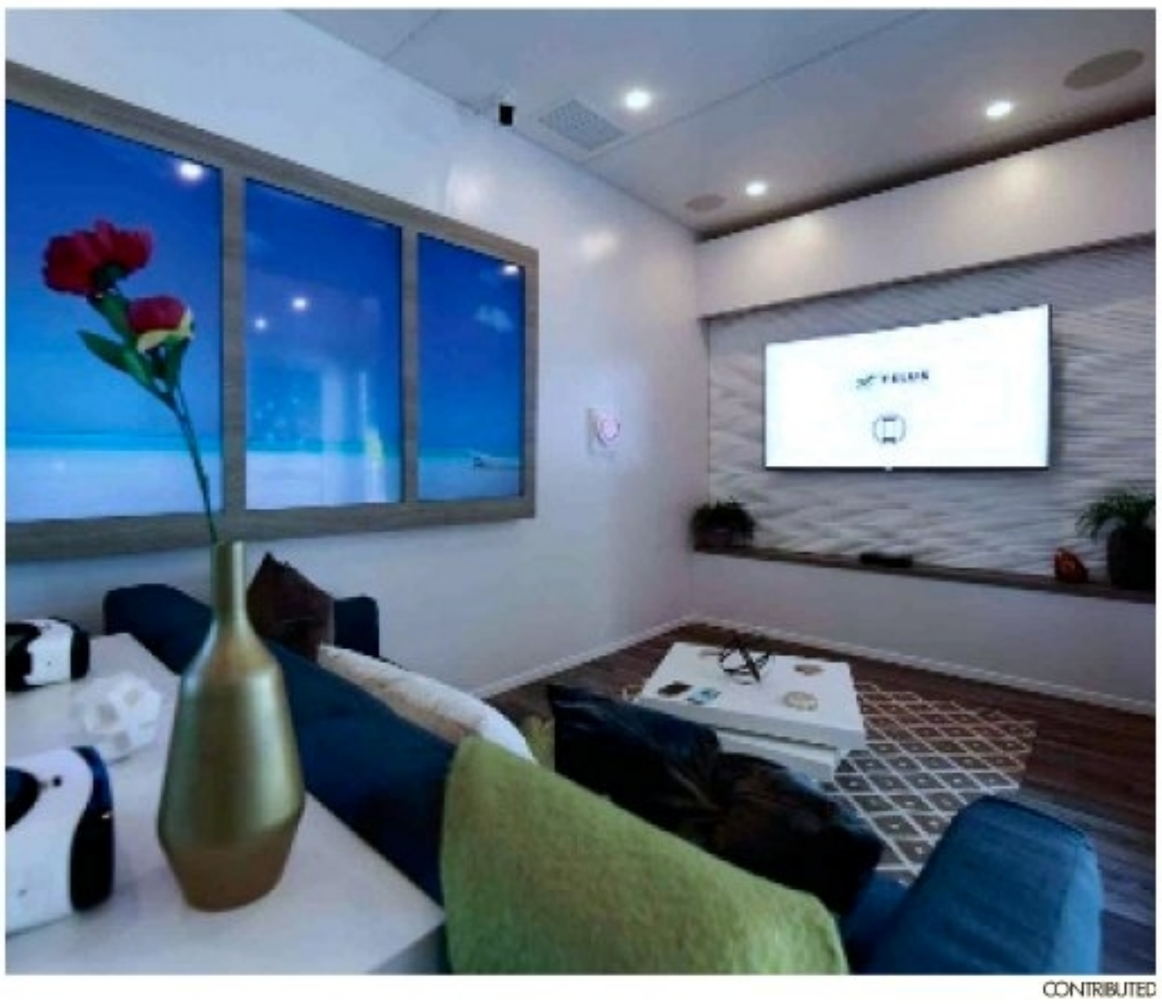
The arrival of the Future Home follows TELUS' announcement last year that it is investing $1 billion to connect Vancouver homes and businesses to the TELUS PureFibre network, which currently offers symmetrical upload and download speeds of up to 150 Mbps and an astonishing 1 terabyte of data usage.

According to Tony Geheran, EVP and President, Broadband Networks at TELUS, "We're building the network of the future in Vancouver and created the Future Home to help Vancouverites see how technology will soon transform nearly every aspect of our lives."

Free public tours of the Future Home are available from Saturday, Nov. 26 to Sunday, Dec. 4 at the TELUS World of Science parking lot (1455 Quebec St., Vancouver) from 10 a.m. to 6 p.m. daily. Science World admission is not required.

The Future Home will then move to the Enchant Christmas Light Maze and Market (W 1st Ave. and Crowe Street) on Wednesday, Dec. 7 and will be open from 4 p.m. to 10 p.m. daily until Friday, Dec. 16 (closed on Dec. 12 and 13).

For more information, visit fibre.telus.com/futurehome.



CONTRIBUTED

Tagaq begins to make her own, unique noise

INTERVIEW

Inuk singer clears throat to win new fans

Ben Rayner
Torstar News Service

Tanya Tagaq is threatening to turn into one of the most peculiar and uncompromising mainstream success stories Canadian music has ever known.

Although she previously graduated from the experimental fringe to a semblance of national prominence after winning the 2014 Polaris Music Prize for her blistering third album, Animism, the Inuk throat singer from Cambridge Bay, Nunavut, has enjoyed a level of visibility that even she will concede is utterly unexpected since the release of her record, Retribution, a month ago. From Flare to The Fader, from the New York Times to the Los Angeles Times, from Pitchfork to Rolling Stone, breathless praise has already been heaped upon her latest work by writers awed at Tagaq's singular vision and prodigious vocal talents.

Dates in the U.K. and Europe beckon in between Canadian shows, and there's already a high-profile gig at New York's Lincoln Center set for March 9. Things are heating up.

"Yeah, the train is choo-chooing along," says Tagaq, 41, with an air of bemusement. "It's been a pretty good run. It's so weird. I don't even really understand how it got this way. All I remember is people telling me it would never work out, right?"

True, smart industry money wouldn't necessarily bet on Retribution as a "breakout" album.

Like its predecessors, it's largely wordless, centred around the guttural grunts, shrieks and moans that constitute Tagaq's 21st-century take on traditional Inuit throat singing, and borne of hours of exploratory improvisation in the studio with core collaborators Jesse Zubot and Jean Martin, a jazz-minded violinist/drummer combo with whom she enjoys an almost subconscious relationship in performance.

Tanya Tagaq's new album Retribution is no easy listen, dealing with environmental and social issues. COURTESY VANESSA HEINS

Together with such guests as Mongolian throat singer Radik Tyulyush, Inuit singer Ruben Komangapik, rapper Shad and the Element Choir, the three have conjured up some truly apocalyptic, electroshocked soundscapes on the new record.

"I went into the studio with some ideas and made the noises and made some noises but it's Jesse who really did the arrangements and the mixes. He mixed it all. He almost went crazy," says Tagaq, who had no intention of softening her approach to appease a larger audience after the hair-raising Animism.

"I love the sense of sound, I love hearing, I love listening, I love making noise.

"So it would be almost unscrupulous of me to attempt to harness the beast in any way … I might try some 'songs.' I really enjoyed the song with Shad and it's pretty laid-out, so I might try some songs with a chorus at some point, just to try it out."

metro

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#YVR INDEX

The Kit Compact—Canada's fave beauty and fashion brand—brings you the best of Vancouver's style scene

EXPLORING VANCOUVER

Social media star Kiara Schwartz breaks down her ideal day in the city

A day in Vancouver needs to begin with coffee. We have so many great spots, but Prado (100 W. Hastings St.) is a standout.

I love a good bike ride around Stanley Park. What could be better than fresh air and exercise at the same time?

A stop in Gastown at my fave boutique One of a Few (354 Water St.) is necessary—especially before heading to the North Shore for a hike.

Quarry Rock in Deep Cove is my favourite spot to watch the sunset. It is so close but feels so far from the city.

If I'm up for a chat with friends after all of that, my go-to spot is 33 Acres Brewing Co. (15 W. 8th Ave.).

If I'm in luck, I'll catch the Tacofino truck (tacofino.com) on the way back into the city! These are my favourite tacos, hands down.

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FROM THE EDITORS OF THE KIT compact

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Decor trends nod to turn of the century

HOLIDAY DECORATING

Get inspired by children's books, natural elements

Tara Nolan

Whether you are decorating your first home or condo or you're looking for fresh ideas to incorporate what you have, here are some holiday decorating hints.

The latest trends

Trends we'll be seeing this year include what designer and lifestyle expert Janette Ewen refers to as "the enchanted forest." This look is inspired by classic children's books like The Chronicles of Narnia and The Secret Garden. "A nod to the late 1800s/early 1900s is reflected in the following elements: mixed metallic; holiday greenery — moss, wood and natural elements; pearls and crystals; muted natural tones with soft colours as accents; twinkle lights; and vintage, turn-of-the-century decor elements," she said.

LED lights is another trend identified by Ewen who makes note of the innovative AppLights that allow you to control the display from your phone.

Ewen's own tastes, when asked to pick a favourite, lean towards a couple of interesting, yet disparate styles. "I love two looks, both very different: A mid-century modern Palm Springs styled Christmas and a rustic, woodland holiday."

Rustic holiday style

Natural accents are very popular right now, even in regular home decor. Outdoor elements can be brought indoors to adorn centrepieces, garland on a mantel or staircase, and even your Christmas tree. "I love bringing in antique touches ... so to elements that you may already have at home, like a candelabra, I will add tons of moss, wood and pine cones," said Ewen. "It's a rustic, outdoorsy, woodsy blend. I also love burlap bows and antique-looking ornaments."

Michaels offers a few styles of burlap ribbon and Rona Home & Garden has created some great rustic ornaments made from wood and burlap for tree trimming.

Among the latest trends in holiday decor is the enchanted forest look. MAGDA M

Modern holiday style

Modern holiday palettes often reflect what's happening in the world of paint. SICO, for example, identified a few trendy colour combos, including "rich brown mixed with blue-green, burgundy or mustard, earthy green and ivory paired with terracotta, and mid-tone blue coupled with grey and highlighted with dark metallics." The paint brand recommends painting your mantel an unexpected hue and adding a pop of colour to a banister before the garland goes on.

Ewen adds that icy blue and silver with slightly geometric shapes always looks fresh and modern. "Avoid too much greenery in this look," she advised. "For example, with wreaths, keep it about the sparkle — it looks more contemporary."

Indigo has some lovely, glittery, modern ornaments, as well as winter-white decorations and kitchen accessories and candles in metallic tins.

Traditional holiday style

Of course there is a certain timelessness to many a decoration, especially the ones you lovingly unwrap each year — see Ewen's first trend recommendation. "You can't go wrong with classic glass ornaments," she said. "Pile them up on a cake stand or in a rustic silver bowl for a classic, chic and timeless look."

Many retailers, such as Drake General Store, and makers, like those whose work can be found on Etsy.ca, have adeptly captured that "old is new again" feeling in ornaments and decorations.

Minimalist holiday style

With more people living in small spaces and condos, being a minimalist may be more about practicality than style. Regardless, there are still ways to add a dash of festive flavour to your space without taking up too much your actual square footage (and later, storage space). "Embrace mid-century modern shapes and consider styling unexpected places like a bookshelf," recommended Ewen.

And check out big box and department stores for smaller versions of faux trees. Home Depot, for example, is offering what is called the Hayden Half Tree exclusively through its website. The back has been lopped off so that it fits perfectly in the corner of a room.

Layer your lighting for a festive hue

SETTING THE MOOD

Control the ambiance in your home over the holidays

Tara Nolan

The time period spanning the holidays is one that requires multiple levels of ambiance.

Lighting plays a starring role in how you set the mood. There's that cosy-up-by-the-fire-with-a-hot-chocolate feeling after coming in from the cold, an extra bright illumination necessary for important to-dos, like gift wrapping and card signing, and then there's that bright, festive, make-merry vibe that can be associated with perhaps an ugly sweater party or a family gift exchange.

Indigo's LED 10-light strand.

If you're looking to do more than merely untangle your current strings of Christmas tree lights, consider these tips to kick your lighting game up a notch.

"One of the most interesting trends I am seeing is an increase in detail of lighting in general," said Ulya Jensen, owner and principal designer of Ulya Jensen Interiors in Ottawa. "People are putting more personality into their lighting then ever before: We used to see very plain, non-descript lights, where now the lighting is becoming the focal point with a story."

Jensen says the popularity of vintage lights continue to be at the forefront of lighting trends, with that industrial, mid-century modern look also being prevalent. Steel and caged lights, as well as vintage dome lights in coloured metals and mixed media with reclaimed wood and iron are also all quite popular.

When it comes to a holiday party, you can work among several rooms to set several different moods. For example, in the kitchen, where many will inevitably congregate, you want it to be bright and festive and conducive to being able to see what you are doing as you mix drinks and put together your appetizer platters. In other rooms, you'll want more of a cosy warmth.

Jensen recommends overhead lights that you can dim, as required, coupled with tabletop LED candles and other decorative lighting pieces. "Try filling a hurricane vase with LED battery string lights," she recommended. "This creates a twinkly centrepiece." (Many of these miniature strings now come battery operated, eliminating the need for extension cords.) Candles on mirrored trays can also enhance existing lighting, according to Jensen, as the mirrors will reflect the light.

Some well-known lighting brands have come out with different bulb options for everyday use and the holidays are the perfect time to introduce those, as well.

The new Philips SceneSwitch LED light bulb, for example, allows you to adjust the light's settings — without needing a dimmer switch — depending on the task you're doing. You can choose from a soft white, daylight or warm glow. These are available at Home Hardware and Home Depot.

And GE Lighting has unveiled REVEAL light bulbs (available at Walmart and Lowe's), which are energy-saving LEDs designed to enhance colour and details, perfect for showing off your decorations.

Jensen has a few other tips for tweaking your lighting for the holidays. "As we are inside and want to be cosy, try switching up your lampshades for black or navy, or shades that have a gold or amber lining," she said.

Jensen also suggests supplementing the lighting you have with options in other key locations in a room. For example, if you have lots of overhead light, use floor lanterns with groupings of battery-operated candles in the lower portions of your space.

"Layered lighting is also key," said Jensen, who recommends supplementing existing lights with string lights, lanterns and even coloured glass shades to add a festive hue to a room.

String lights have come a long way in recent years. Edison lights with those visible filaments continue to be popular and there are also great themed lights, such as the silver bohemian lights (among other styles) offered by retailers like Indigo. You can add these across the mantle of a fireplace, around doorways or a banister, and of course, around the tree. These miniature lights can be all white or a rainbow of colour. There are lots of great pre-lit trees on the market that can also make a great statement in a room, such as the more modern, pre-lit birch trees available at HomeSense.

These light-up birch trees from HomeSense (in background) add a holiday feel to any room or foyer. HOMESENSE

STAR METRO MEDIA THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.

CONTRIBUTED

High tech in the kitchen

The latest appliances make healthy family meals easy to master

Family dinner can be a struggle. "Some nights it's a gong show!" says Donna Bishop, a busy Toronto entrepreneur and fashion-industry mentor. "It's a scramble to get everyone fed without severe hangry setting in," she says of her two kids and husband, Stephen, who travels frequently for business.

For families like the Bishops, advanced kitchen tech can be a big help. Philips makes it their mission to help families enjoy fast, delicious homemade meals more often. And they've developed appliances to make it possible.

Take the Philips Airfryer, for instance. Not only can this versatile little appliance make fried foods with less fat, it can also bake, roast and grill (even skewers). The secret is its Rapid Air Technology, which circulates hot air around a metal mesh cooking basket. Little or no oil is needed, and thanks to the patented "starfish" design on the bottom of the Airfryer, food is always cooked evenly.

But perhaps the Airfryer's most exciting trick is its ability to cook "cheeky" foods like fried chicken at home — with healthier results. Even food that has natural fat, like marbled meat, comes out less fatty when cooked in the Airfryer, as excess fat drains off during cooking.

Bishop says one of the things her family misses most in the winter is BBQ favourites like burgers, marinated flank steak, salmon and grilled fruit and veggies. The Philips Smokeless Indoor Grill lets her get that smoky barbecue flavour year-round — along with those mouthwatering grill marks.

Another family favourite, pasta, is easier with the Philips Pasta Maker. A bonus: fresh homemade pasta can be made healthier (and more colourful for kids) by adding spinach or carrot juice or egg. Pair it with a nutritious sauce and you've got a winner, says Abbey Sharp, a culinary registered dietitian and blogger. "With pasta, I often like to sneak in extra veggies (like I do with my butternut squash mac and cheese)." And, she suggests, "Try using a super flavourful strong cheese so you can cut back on it, and even swap out regular pasta for spaghetti squash."

Quicker, healthier meals are music to Bishop's ears. "Steve and I value good food and gathering around the table a great deal," she says. "It's a wonderful time together."

PHILIPS

Two recipes you can make in the Philips Airfryer in 30 minutes or less

Fried Meatballs in Tomato Sauce

Servings: 3 to 4 portions as a snack or part of a main course
Time: 10 minutes preparation + 8 minutes in the Airfryer

- *1 small onion*
- *300 g minced beef*
- *1 Tbsp chopped fresh parsley*
- *1/2 Tbsp chopped fresh thyme leaves*
- *1 egg*
- *3 Tbsp breadcrumbs*
- *Salt & pepper to taste*
- *200 mL of your favourite tomato sauce*

1. Finely chop the onion. Place all the ingredients into a bowl and mix well. Shape the mixture into 10 to 12 balls.
2. Preheat the Airfryer to 390°F.
3. Fry in two batches. Place the meatballs in the Airfryer basket and slide the basket in the Airfryer. Set the timer for 7 minutes.
4. Transfer the meatballs to an oven dish, add the tomato sauce and place the dish into the basket of the Airfryer. Slide the basket into the Airfryer.
5. Turn the temperature to 325°F and set the timer for 5 minutes to warm everything through.

Tip: For a great snack, serve the meatballs without the tomato sauce.

Chocolate Cake

Portions: 8 to 10
Time: 15 minutes preparation + 25 to 30 minutes in the Airfryer

Cake:
- *3 eggs*
- *125 mL sour cream*
- *150 g flour*
- *150 g caster sugar*
- *125 g unsalted butter*
- *40 g cocoa powder*
- *1 tsp baking powder*
- *1/2 tsp baking soda*
- *2 tsp vanilla extract*

Chocolate icing:
- *150 g chocolate*
- *50 g unsalted softened butter*
- *200 g icing sugar*
- *1 tsp vanilla extract*

1. Preheat the Airfryer to 325°F.
2. Place all the cake ingredients into a food processor and mix well. Transfer to an oven dish.
3. Place the oven dish into the basket of the Airfryer. Slide the basket into the Airfryer and set the timer for 25 minutes. Once the time is up and the timer rings, prick the cake with a wooden skewer or fork. If it comes out clean, the cake is cooked through. If it's still sticky, place the cake back into the Airfryer and set the timer for another 5 minutes.
4. Remove the dish from the basket and leave the cake to cool on a wire rack.
5. Meanwhile, melt the chocolate in a bain-marie or in the microwave. Leave to cool a little, then mix all of the icing ingredients together.
6. Remove the cooled cake from the oven dish and place it onto a plate. Cover with the chocolate icing and serve.

Tip: You can replace the baking soda with more baking powder if necessary.

Black Friday, Cyber Monday are the new Boxing Day

PEAK INTEREST

E-tailers experience big surge of consumers

Camilla Cornell

Black Friday and Cyber Monday campaigns are increasing consumer demand. ASSOCIATED PRESS

Last year, a surprising trend emerged at Canadian online retailer Well.ca. Sales of the company's line of health, wellness, beauty and baby products (including toys, gift sets and stocking stuffers) on Black Friday and Cyber Monday surpassed Boxing day sales by 185 per cent.

"It seems to be getting bigger and bigger in Canada each year," said Erin Young, Well.ca's chief marketing and merchandising officer. "Every year we set our expectations quite high and the consumer blows past our expectations."

The same holds true for other e-tailers, according to an analysis by online shopping comparison website Shopbot.ca. At Amazon.ca, for example, the two biggest peaks in user's interest are the same year after year — Black Friday (3.9 million visits) and Boxing Day (4 million). And, although prior to 2005, Best Buy's Boxing Day event was by far the most popular event of the year, its Black Friday event is now among its top three biggest sales events in Canada.

Young thinks the continuous growth is a factor of more Canadians shopping online generally, as well as with the fact that Canadian retailers have increasingly adopted the once-U.S.-centric shopping day.

"Three years ago, we launched a big campaign around Black Friday and Cyber Money, but very few other Canadian online retailers did anything," she said. "But this year, you see it everywhere. And when it's more present in the market, it drums up consumer demand."

She also says that, sales are occurring earlier in the week. "For us, Cyber Monday used to be the big day," she said. "But what we saw last year in particular is that Black Friday was almost as big — Cyber Monday was only 5 per cent bigger. In previous years, Cyber Monday had been 30-plus per cent bigger."

Young says Canadian shoppers seemed to hold off on purchases in early November this year, perhaps in part because unseasonably warm weather meant "people weren't necessarily thinking about holiday shopping."

She also speculates that there may have been a bit of "depression" associated with the U.S. election as well. "The day after the election, people were just not shopping," she said. But for Well.ca, the shopping floodgates opened at the beginning of this week, building day by day.

That's a common trend, according to Shopbot.ca's research. "When the concept of Black Friday first arrived in Canada back in 2008, it came with its established opening time of 12:01 a.m. on Friday," according to Shopbot's report. "But with the ever growing popularity of Black Friday, the demand for earlier deals during longer periods has become mainstream. Just Amazon alone has gone from a three-day event in 2015 to host a full 12 days of Black Friday deals this year."

> **We see a massive uptick of customers around this time**
> Erin Young of Well.ca

According to Shopbot, about one in five Canadians intend to spend more than $350 this Black Friday, most commonly on electronics. And Canadians are most active hunting online for deals at 6 p.m. on Thursday, hours before Black Friday actually starts in-store.

Small wonder that seven out of 10 Canadian e-tailers start planning for next year's Black Friday/Cyber Monday event before this year's is even over. "We look at everything from the assortment — what are the brands that we want to promote and the deals we want to go after for our customers — and the flow of goods into the warehouses, to marketing," said Young. "After all, we see a massive uptick in new customers around this time of year." Treat them right, she says, and "they come back to us in January when they're repenting of all their sins."

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Black Friday happens to coincide with the model year changeover for many automakers, meaning deep discounts to get the 2016s off the lots. JON NICHOLLS

Stick a bow on it and hit the road

NEW INVENTORY

It might not be a common gift, but watch for Black Friday car deals

Stephanie Wallcraft

Why do automakers put on Black Friday sales, anyway? Do they really expect you to buy someone a car as a gift for the holidays? No, probably not.

But this time of year happens to coincide with model year changeover time for quite a few automakers, which makes it a happy convenience that Black Friday gives them an excuse to apply deep discounts and get the 2016s off the lots to make room for shiny new inventory. And sometimes, if you dig deeper, you might find deals on 2017 models as well. If that means a few people happen to spread some holiday cheer by picking up a set of wheels and a gigantic bow, so much the better.

Here are some of this year's best Black Friday deals being offered across Canada on certain makes and models. These descriptions are overviews; visit the websites of automakers to review the specifics and fine print.

FIAT CHRYSLER AUTOMOBILES

For FCA and its sub-brands, Chrysler, Dodge, Jeep, Ram, and Fiat, Black Friday is one of the biggest retail events of the year. Smaller sales have been ongoing all month, but the biggest incentives started on Nov. 21st and run until Nov. 26: over $1.5 million in additional discounts have been added to a maximum of $25,000 each, plus every customer gets an extra $500 cash discount and 0 per cent financing is available on select models. One lucky customer will even win a new vehicle worth up to $40,000.

Entering is a two-stage process: first visit blackfridaygiveaway.ca to get a PIN code, then take that code to a dealership before Nov. 26 to spin a wheel to earn your additional discounts.

GENERAL MOTORS

Three of GM's marques — Chevrolet, GMC, and Buick — have had a Black Friday sale going for most of the month offering 20 per cent off the manufacturer's suggested retail price.

This equates to cash credits ranging from up to $3,059 on a 2016 Chevrolet Spark LT sub-compact hatchback with air conditioning and an automatic transmission (based on an MSRP of $15,295), all the way to as much as $16,647 on a 2016 GMC Sierra Denali HD pick-up (based on an MSRP of $83,235). These sales run until Nov. 30.

NISSAN

Nissan's Black Friday sale runs until Nov. 30. While its offers vary slightly across the country, there are a few highlights you can count on finding at your local dealership:

- A purchase of a 2016 Micra SR sub-compact hatchback with an automatic transmission can receive up to a $3,055 discount from an MSRP starting at $15,988.
- Buying a 2016 Murano Platinum mid-size SUV can get you up to a $3,355 discount from an MSRP starting at $44,248.
- A 2016 Pathfinder SL three-row SUV purchase can net up to a $7,355 discount from an MSRP starting at $41,398.
- Grab yourself a Titan XD Platinum Diesel pickup and you can receive up to a $15,000 discount from an MSRP starting at $74,900.

If there's a model you're eyeing that's not listed here, there's a good chance it's on sale as well. Check with your local dealer for specifics and exact pricing.

VOLVO

Volvo is taking a slightly different approach: its event is not so much a Black Friday sale as a goodwill holiday event, something it's calling the Thoughtful Test Drive campaign.

For every test drive taken now until Dec. 31, Volvo will make a donation to your local United Way or Centraide charity with a goal of donating a total of $100,000. In addition, those who complete a test drive can save up to $4,000 on select 2017 Volvo models and earn up to 100,000 Aeroplan miles on their final purchase.

FORD

Ford of Canada's Black Friday "Easy to get into a Ford" offers run until Nov. 28. (These dates are slightly different in Quebec; so check with your local Ford dealer for details.)

Shoppers can save up to $3,500 on a 2016 Focus compact sedan or hatchback or Fusion mid-size sedan, or on the 2017 Escape compact SUV, and up to $8,000 on most 2016 F-Series pickup trucks.

HYUNDAI

For its Black Friday event running until Nov. 28, Hyundai is offering a $750 discount on all models of its redesigned 2017 Elantra compact sedan on top of any existing discounts.

The Elantra LE, for example, with its six-speed automatic transmission, air conditioning, and Bluetooth, will be available for $49 per week on a 36-month lease with zero down payment, 0 per cent financing, and with the additional $750 off.

TONIGHT & TOMORROW

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MASTERS OF WHISKY – SOLD OUT
THE JOHNNIE WALKER DINNER – SOLD OUT
THE CLASSIC MALTS PAIRING DINNER – SOLD OUT
CRAFT BREWERY & DISTILLERY TOUR – 1 TICKET LEFT
THE GREAT WHISKY SMOKE – SOLD OUT
FROM GRAINS TO GLASS MASTERCLASS – SOLD OUT
BRUICHLADDICH MASTERCLASS – 3 TICKETS LEFT
N. AMERICAN WHISKYS MASTERCLASS – 1 TICKET LEFT

SAT NIGHT GRAND TASTING HALL

– 85 TICKETS LEFT –

NIKKA JAPANESE MASTERCLASS – SOLD OUT
MASTERCLASS REGIONS: ISLAND – SOLD OUT
MASTERCLASS REGIONS: HIGHLANDS – SOLD OUT
THE PEAT MASTERCLASS – SOLD OUT
MASTERCLASS REGIONS: SPEYSIDE – SOLD OUT
THE GLENDALOUGH MASTERCLASS – 6 TICKETS LEFT
THE CLASSIC MALTS MASTERCLASS – SOLD OUT
THE GLENLIVET MASTERCLASS – 5 TICKETS LEFT
TOMINTOUL MASTERCLASS – 6 TICKETS LEFT
GLENCADAM MASTERCLASS – 4 TICKETS LEFT
THE BUNNAHABHAIN MASTERCLASS – SOLD OUT

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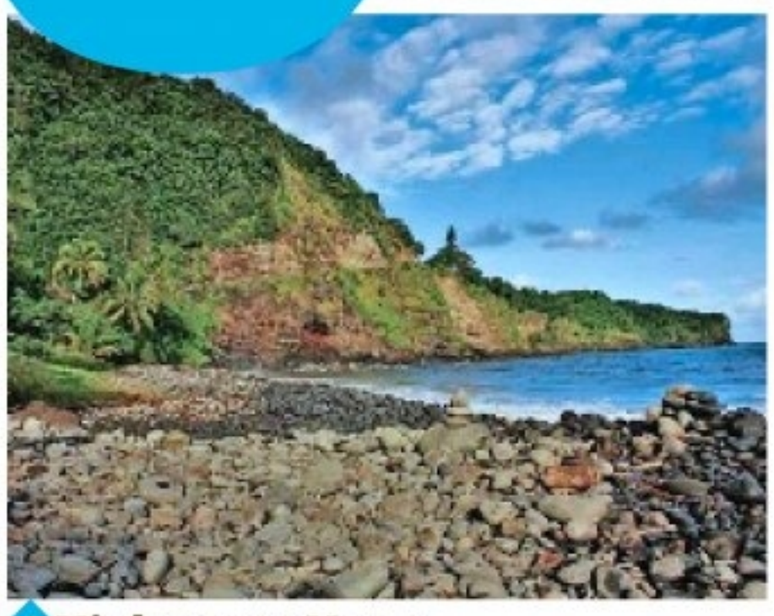
metro TRAVEL
Your essential daily news

Jurassic World movie-related exhibit comes alive in Philadelphia

5 AMAZING EXPERIENCES IN MAUI

From taking in coastal views to perfecting your 'moon walk' at sunset, this popular Hawaii destination has no shortage of amazing experiences. If you want to get the full Maui oh-wowee experience, check out these sweet island spots:

CHARMAINE NORONHA/FOR TORSTAR NEWS SERVICE



1 Highway to Hana

This highway to heaven offers breathtaking coastal views, waterfalls galore, bamboo forests, sweeping landscapes and terrain so lush, it'll have you thinking the grass (and foliage) is definitely greener in Maui. Rent a car and start your drive from the Residence Inn to Hana Highway. Take the coastal road way past Hana to feast on various eye candy throughout the drive. Stop for a dip in a waterfall and grab a locally sourced coffee from the cute Ono Cafe. **Details: roadtohana.com**

2 The summit of all parts

In the early '60s, NASA brought moon-suited astronauts to the Haleakala Crater to practise what it would be like to "walk on the moon." So, for this other-worldly experience, go up to the summit of Haleakala at 3,048 metres. Most folks head here for sunrise, but it's equally stunning at sunset. Bring your woolies, it's freezing at the top and you'll definitely want to walk around to capture the perfect sunset shot. **Details: gohawaii.com**

3 Mama knows best

Mama's Fish House Restaurant & Inn is legendary, and for good reason. Opening in 1973, it serves seafood caught daily, along with produce harvested daily. It's pricey, but very worth it. Its signature dish, mahimahi stuffed with king crab, is signature for a reason. At $58 U.S. for the meal, it'll set your wallet back but your belly forward. **Details: mamasfishhouse.com**

4 Paddle the Pacific

The canoe outrigger is unique to Hawaii. Native Hawaiians and Polynesians built canoe outriggers traditionally out of one piece of wood, centuries ago, to traverse the islands and migrate from other regions to the Pacific islands. Book a tour with Hawaiian Paddle Sports, which begins its tours with an "oli," a Hawaiian spiritual chant, followed by a quick tutorial about how to paddle. **Details: hawaiianpaddlesports.com**

5 Anything but run of the Mill

If you like your food fresh, tasty and with a killer view, head to the Mill House Restaurant. Its chefs use ingredients plucked from within the plantation grounds, as well as from selected farms and suppliers. Award-winning executive chef Jeff Scheer knows a thing or two about delighting your tastebuds. If the mains don't do it for you, stick around for the pavlova or flourless chocolate cake. **Details: mauitropicalplantation.com**

Coal baron's castle now a destination

VICTORIA

Grand space built to show off owner's vast wealth

The grey, cool mist of an autumn morning briefly hides the full glory of the castle on the hill.

But the fog soon gives way to bright sunshine, and light shining on stained-glass windows spreads a kaleidoscope of colours across a decked-out 19th century dining room table.

A step inside Craigdarroch Castle is a walk back into history, when a mighty coal baron built a monument on a rocky outcrop overlooking the city of Victoria to announce his stature and prominence as one of the richest men in Western Canada.

Scottish immigrant Robert Dunsmuir never did get to live in his industrialist showpiece home. He died in 1889, months before construction was completed in 1890.

Dunsmuir's estate, valued at about $20 million U.S. just before his death, left everything to his wife, Joan, who moved into the castle with three daughters and two grandchildren — and an army of servants and staff to tend to their beck and call.

Craigdarroch Castle was built as a home and completed in 1890 for coal baron Robert Dunsmuir. Tragically Robert passed away before its completion so his wife Joan, three daughters and two orphaned children lived on the 28-acre estate. ISTOCK

Joan Dunsmuir lived at Craigdarroch (which means rocky, oak place in Gaelic) until her death in 1908.

The four-storey, 39-room grey brick edifice, with its steep red slate roof, towering peak and seven chimneys, is a national historic site. The Victorian mansion is open to daily tours and is approaching almost 150,000 visitors this year.

President John Hughes of the not-for-profit Craigdarroch Historical Museum Society seemingly knows everything about the castle, including some of its deep secrets.

39

Number of rooms in Craigdarroch. There are 17 fireplaces in the four-storey home that 150,000 people now visit annually.

Hughes said during a recent tour that the castle was built as a showcase of Dunsmuir's immense wealth.

The interior's white oak panelling, including the stairs, windows and doors, were prefabricated and shipped from Chicago on five rail cars. The red slate for the roof came from Vermont, and the Hawaiian koa inlays in the drawing room floor are among the castle's exotic wood finishes that include walnut, rosewood, maple, holly and oak.

Hughes points to a huge black wooden chair near the main entrance as an example of the overt displays of wealth, saying the chair cost $200 in the 1890s while homes in Victoria were ranging between $300 and $600.

Of the castle's 17 fireplaces, mostly coal burning, the huge sandstone hearth and mantel is the most impressive. Engraved in the stone across the mantel is: "Welcome ever smiles and farewell goes out sighing," from the William Shakespeare play "Troilus and Cressida."

Mounted elk, goat and deer heads are throughout the castle, another sign of wealth for the times, said Hughes, as is the massive English billiards table on the fourth floor.

Hughes said people frequently ask if the castle is haunted, which he quickly denies, but he admits to some strange goings-on.

About 15 years ago, during a movie shoot for a film starring Oscar winner Ben Kingsley called Spooky House, a black panther being used in the film had a major accident in the castle, said Hughes.

"It just decided to let this big stream of urine out and it got into the wood," he said. "On warm summer days, and we have a few of those here, you can often get that little bit of whiff." THE CANADIAN PRESS

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metro SPORTS

"It's unbelievable, actually": LeBron James digs LeBron: The Musical, the recently released Internet video modelled after Hamilton: The Musical

Motivated more than ever

GREY CUP 2016

Messam turns in career year to help Stamps reach title game

When a journalist's pre-season predictions had Jerome Messam slotted in as only the eighth-best running back in the CFL this season, he took it personally.

He also took a screenshot of the insult on his phone to use as motivation, and to savour later when he'd proved it wrong.

And oh, how wrong.

"I was like 'OK, if that's how you feel, then I'm going to show you what time it is,'" Messam said, with a laugh.

The Calgary player went on to lead the league in rushing yards (a career-best 1,198) and rushing touchdowns (11) in propelling the Stampeders to Sunday's Grey Cup, and was named the league's most outstanding Canadian on Thursday night.

While criticism has seemingly followed the big running back through his seven seasons and five stops in the Canadian Football League, it has simply served to fuel the 31-year-old from Brampton, Ont.

"I look at that stuff in the off-season, how you guys (reporters) talk about me, it kind of sits with me a little bit. It was definitely motivation," Messam said. "I just like to prove doubters wrong. That's been a thing of mine through my career. I'm pretty self-motivated."

Stampeders running back Jerome Messam inspects the Grey Cup on Thursday in Toronto.
NATHAN DENETTE/THE CANADIAN PRESS

It's been a complicated career of ups and downs — more downs, it seems, than ups — for Messam. In his rookie season in 2010 with the B.C. Lions, he was charged with assaulting a bouncer at a London, Ont., bar. He fought teammate Paris Jackson in the locker-room, and then there was concern about his focus during the 2011 training camp. He was traded to Edmonton.

Injuries hampered his two seasons with the Eskimos, and he was traded to Montreal, where his injuries would follow him.

Saskatchewan signed him in 2014, but then shipped him to Calgary at last year's trade deadline.

"Heard some of that stuff (about Messam's troubles) when we traded for him last year ... certainly I was aware of that, but I wanted to be fair to him, let him prove to me what type of guy he is," said Stampeders head coach Dave Dickenson. "I stay on top of him ... and from what I've seen, he shows up to play each and every week, he's not a selfish guy, he's a well-rounded football player, he can run and catch and block.

"So you look at that, I think I've got a good back and I'm glad to have him."

His move to Calgary was perfectly timed, as he's filled in for two-time Grey Cup champion Jon Cornish, who retired after last season.

The six-foot-three, 254 pound Messam, who also attended the Miami Dolphins training camp in 2012, is making his Grey Cup debut this week. During the Stampeders' media day Thursday, he bent down to take a close look at the carefully polished Grey Cup trophy, but dared not touch it — superstition warned him against it.

"I'm going to touch it on Sunday, I'm going to lift it over my head, sipping out of it, and pouring drinks on everyone," he said, laughing. THE CANADIAN PRESS

> **He's going to be fired up ... he's a guy you can count on every week to be ready to go.** Calgary's Rob Cote

CFL AWARDS

The Calgary Stampeders led a West Division sweep at the CFL awards banquet Thursday night:

- **Outstanding player** Calgary QB Bo Levi Mitchell
- **Outstanding Canadian** Calgary RB Jerome Messam
- **Coach of the year** Calgary's Dave Dickenson
- **Top defensive player** B.C. LB Solomon Elimimian
- **Outstanding special-teams player** Winnipeg K Justin Medlock
- **Outstanding lineman** Calgary's Derek Dennis
- **Top rookie** Calgary WR DaVaris Daniels

CANUCKS

Hutton signs for 2 more years

The Vancouver Canucks have signed defenceman Ben Hutton to a two-year contract extension worth $5.6 million US, the club announced Thursday.

The 23-year-old from Prescott, Ont., is in his second NHL season with Vancouver and has two goals and two assists in 20 games so far in 2016-17.

Selected 147th overall at the 2012 draft, Hutton was one of the lone bright spots for the Canucks in his rookie campaign, seemingly coming out of nowhere to make the club out of training camp.

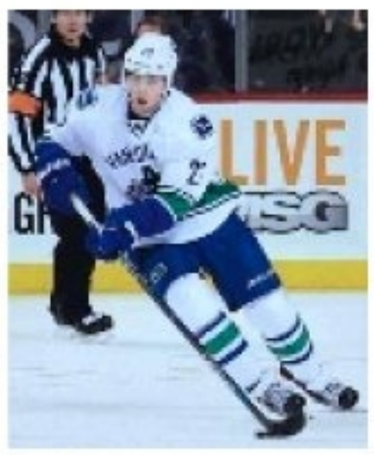
The six-foot-two 207-pound University of Maine product had one goal and added 24 assists in 75 games in 2015-16 to lead all Vancouver defencemen in scoring.

$5.6M

The value of Hutton's two-year extension.

Hutton has struggled at times early this season while looking for chemistry with partner Erik Gudbranson, but has played better of late for the Canucks (8-10-2), who have won four of their last seven following an ugly nine-game losing streak.

"Ben is developing into one of our young, emerging core players and is an important part of our future," Canucks general manager Jim Benning said in a statement. "We're excited to see him further elevate his game and help this team compete for years to come." THE CANADIAN PRESS



Ben Hutton GETTY IMAGES

NFL

Cowboys gobble up 10th straight win

Dak Prescott accounted for two touchdowns, fellow rookie Ezekiel Elliott ran for a pair of scores and the Dallas Cowboys extended their franchise regular-season record with a 10th straight victory, beating the Washington Redskins 31-26 on Thursday.

The Cowboys (10-1) won despite 449 yards passing and three touchdowns from Kirk Cousins, the first Redskins quarterback with two 400-yard games in a season. THE ASSOCIATED PRESS

The Cowboys' Ezekiel Elliott rushed for a pair of TDs Thursday in Arlington, Texas.
TOM PENNINGTON/GETTY IMAGES

IN BRIEF

Sens rally in 3rd for victory
Chris Wideman and Kyle Turris scored in the third period as the Ottawa Senators rallied for a 3-1 win over the Boston Bruins on Thursday.

Mark Stone tied the game in the second period for the Senators (12-7-1) and Craig Anderson turned aside 19 shots, including seven in the third period, for the win.

David Pastrnak had the only goal for the Bruins (11-9-0). THE CANADIAN PRESS

CFL

Pizza deal with Cup tickets nixed

A Pizza Pizza promotion offering Grey Cup tickets for a bargain price has been shut down by the CFL.

The walk-in special at 16 Hamilton-area Pizza Pizza outlets offered a pair of tickets as part of a $29.99 package that also included a large three-topping pizza, 10 chicken wings, four cans of pop and two dipping sauces.

The league shut down the offer as invalid, but not before it gained considerable buzz on social media. The fact that Sunday's CFL championship game at Toronto's BMO Field has not yet sold out has been a talking point, and the optics of the Pizza Pizza special didn't help the city's reputation as lukewarm toward Canada's professional football league.

The CFL sent out a release Tuesday stating that less than 2,000 seats remained for the Grey Cup game between the Calgary Stampeders and Ottawa Redblacks. THE CANADIAN PRESS

RECIPE Nicoise Pasta

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This pasta leans on ingredients you've got in your pantry.

Ready in 25 minutes
Prep time: 5 minutes
Cook time: 20 minutes
Serves 4

Ingredients
- 500 grams spaghetti
- 3 Tbsps olive oil
- 3 cloves garlic, crushed
- 1/2 cup black olives, pitted and roughly chopped
- 1 pint cherry tomatoes, roughly chopped
- 1/4 cup capers
- 2 x 5 oz tin of tuna, drained
- 3 or 4 leaves of fresh basil, torn into pieces
- 1/2 cup Parmesan, grated

Directions

1. Put a bit pot of well-salted water on to boil. Cook pasta according to package instructions. Just before you drain, remove 1 cup of cooking liquid and set aside.

2. In another large pot, warm up olive oil over medium heat. Toss in garlic, tomatoes, olives and capers. Stir and let the garlic cook for a couple of minutes. Add tuna and break it up a bit.

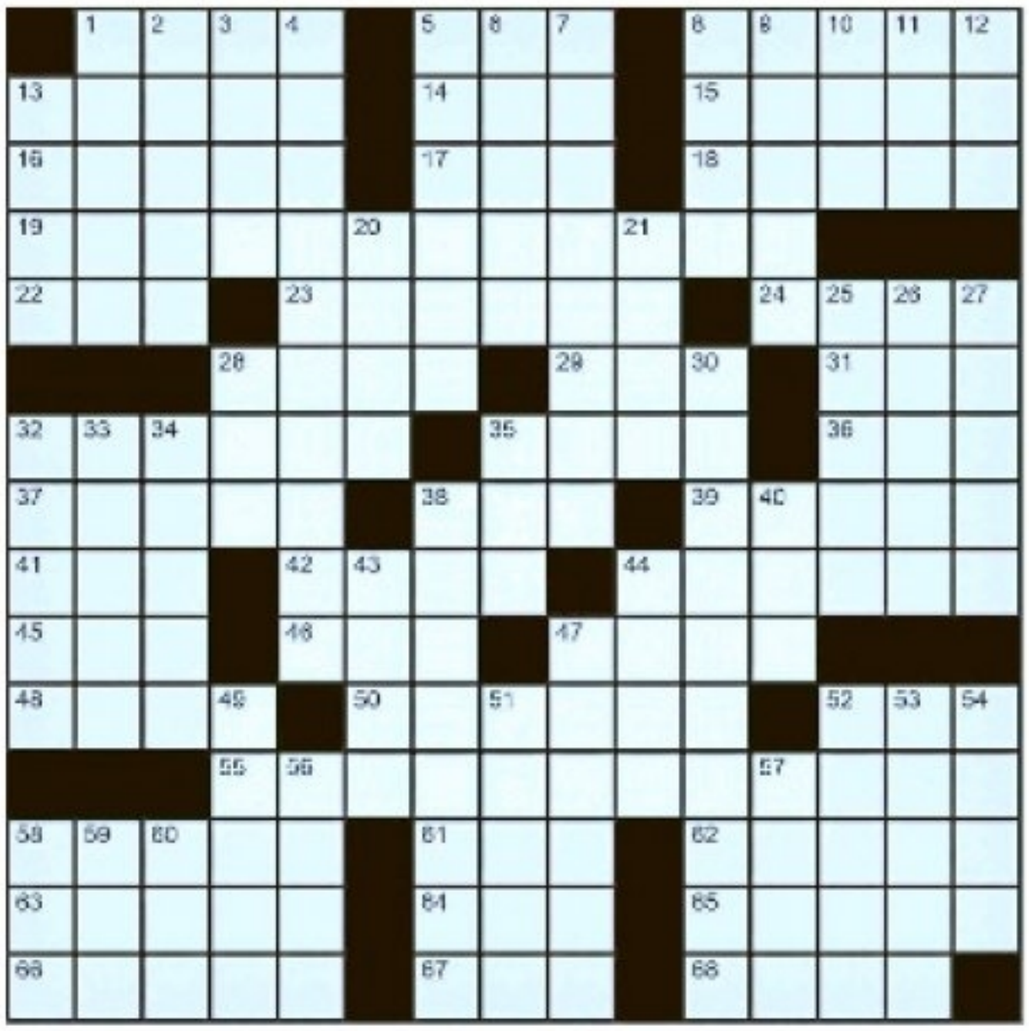
3. Add the cooked pasta and toss together until the pasta is well-coated and the rest of the ingredients are spread throughout. Pour in your cooking liquid bit by bit until the pasta loosens up.

4. Serve with a topping of grated Parmesan and fresh basil.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Pond organism
5. Economy stat.
8. "SCTV" character Ms. Prickley
13. Bunch of bees
14. hEARer
15. Ms. Osmond
16. "_, _!" (Laura Petrie's classic TV catchphrase)
17. Fish story
18. One saying "Eww, gross.", say
19. Celebrity chef on Food Network Canada (More at #4-Down!): 2 wds.
22. Archaic-style suffix
23. "_' Alive" by The Bee Gees
24. Morns-following times
28. Pre-1917 ruler
29. List stopper [abbr.]
31. Calif. NBA team
32. Towards the middle
35. Ship's figurehead site
36. Sleeveless desert-wear garment
37. Make corrections
38. _ Angeles
39. Esau's biblical twin
41. High card
42. Gem of Australia
44. Lizards like in GEICO commercials
45. Mr. Beatty
46. Curtains holder
47. Judy Garland's daughter Lorna
48. D'Urbervilles heroine
50. Blue Rodeo's "Til I Am _ Again"
52. Expanse
55. "Go out yonder, peace in the valley..." is how this Band song begins: 4 wds.
58. "Ditto over here!": 2 wds.
61. Vertical opposite [abbr.]
62. Valerie Harper sitcom in the 1970s
63. _ green
64. Traveller's lodging
65. "Egads!"
66. Did some office work
67. Zoologist's 'foot'
68. Suffix with 'Game'

DOWN
1. Not _ _ (Not at all)
2. Northwest Territories official tree, Tamarack _
3. David who played Joe Gerard on #62-Across
4. Prince Edward Island's resident Food _ (Honour/role for #19-Across)
5. Actress, Sarah Michelle _
6. Meadows flower
7. Provincial leaders
8. Eject, as energy, for example
9. Country house in Russia
10. Vex
11. Fasten
12. Feminine pronoun
13. Roughly
20. And others, commonly: 2 wds.
21. Van Morrison's "_ the Mystic"
25. Singer, Roberta _
26. No-no
27. _ of beef (Carnivorous portions)
28. _ can
30. Canadian historical/wartime artist, _._. _ (b.1869 - d.1951)
32. Stood for something in a statement
33. Host an event
34. "Mr. _ Goes to Town" (1936) starring Gary Cooper
35. Washington insider, wee-ly
38. Title for addressing a Peeress
40. Perform
43. Apple or pear, in botany
44. Swallow soundly
47. Studies
49. Cook's need
51. Gleamed
52. "_ on the Water" by Deep Purple
53. Downy duck
54. Santa _ (Hot winds)
56. Tilled
57. "_ _ the jackpot!!!"
58. Witty word
59. English cathedral city
60. Point

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You might have some kind of disconnect with a friend or partner today due to jealousy or passionate feelings for a boss or an authority figure. Indeed, this is a tricky day. Tread carefully!

Taurus April 21 - May 21
Your work routine will be interrupted today. Just expect this and accept it. Meanwhile, discussions about politics, religion and racial issues will be fervent. Oh yeah.

Gemini May 22 - June 21
Parents should be vigilant with their children today, because this is an accident-prone day for kids. Meanwhile, intimate relations are intense and passionate.

Cancer June 22 - July 23
Equipment might break down today, small appliances might be troublesome or minor breakages could occur. This might trigger intense discussions with a partner or a close friend.

Leo July 24 - Aug. 23
Pay attention to everything you say and do today, because this is an accidentprone day for you. You might blurt something out and later regret it, especially at work. Oops!

Virgo Aug. 24 - Sept. 23
Keep an eye on your money and possessions today, because something untoward might affect them. Meanwhile, romance definitely is hot and heavy! Mamma Mia!

Libra Sept. 24 - Oct. 23
You feel passionate, impetuous and impulsive today, which is why anything might happen. In particular, you have strong feelings about something happening at home.

Scorpio Oct. 24 - Nov. 22
You might be obsessed with an idea today. Whatever it is, you can't get it out of your mind. Be careful that this does not cause problems at work. Take a breath and step back from things a bit..

Sagittarius Nov. 23 - Dec. 21
Your desire to buy something might be impulsive today. In fact, your financial decisions in general today are a bit one-sided. Try to see both sides.

Capricorn Dec. 22 - Jan. 20
You might have a reaction to parents and bosses today. They have their differences, but you want recognition for your ideas as well. And why not?

Aquarius Jan. 21 - Feb. 19
A secret love affair might get out of hand today. (Heavy passion!) Could that be why this is an accident-prone day for you? Think before you speak or do anything today.

Pisces
Feb. 20 - March 20
You have strong feelings for a friend today. Nevertheless, keep your mind on money issues as well, because something could go wrong here. Guard against loss or theft.

CONCEPTIS SUDOKU by Dave Green

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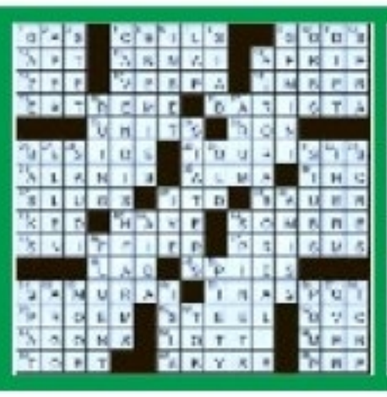

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